

CLFN Honours Veterans on Remembrance Day (Continued)

We arrived at the Education Centre and listened to the gift of teaching. Elder Standsinwater Sutherland reminded us of the complexity of the First Nations' experience. Young men and women voluntarily enlisting to protect a country that did not even allow them to vote. He reminded the youth in attendance of the proud history of First Nations people. Elder Stanley Stephens reflected upon the young Rangers in attendance, awakening us adults to the reality that these young men and women are our future leaders, extolling us to honour them with our attention and guidance. Band Councillor Christine Stephens reminded us that we are a community, that we are at our best when we come together. Carol Hughes and Guy Bourgoiuin shared their respectful gratitude to our community's Veterans and to the foundational contribution of First Nations to our country as a whole.

Wreaths were laid and prayers were uttered. We stood in silence as hearts were opened and minds were stilled. Today was a day for respect. We then came together and shared a feast of moose meat stew, bannock and much more.

Our community is full of such dignity and strength, such beauty and compassion. It was there today during our event for everyone to see. Watching Florrie Sutherland, Charlotte Neotapin, Albert Sutherland, Stanley Stephens, Hannah Bear and Kathleen Taylor – leaders of the Rangers – provide the youth with guidance and wisdom. It was there in the gentle interactions at the dining tables. It was there in the unspoken affection as Band Members welcomed the Members of the Hearst Legion. Today, I was very grateful for our community. Chi Meegwetch!



All photos were taken by Chris Eby who is from Thunder Bay and has been welcomed into the community. He currently works as a Program Manager for Kunuwanimano Child & Family Services.



Constance Lake First Nation Veterans

Cecil Cook Sr.
 Ken Frost
 Donald Innes
 Philip John George
 David Moore
 William Robinson
 Alphius Solomon
 Abraham Sutherland
 Elijah Sutherland
 George Sutherland
 Thomas Sutherland
 Ernest Wesley
 Fred Wesley
 Sinclair Wesley




MECC Land-Based Education Update

The 2019 / 2020 school year is off to an excellent start at the Matawa Education and Care Centre. The Land Based education program has continued to grow and offer students even more outdoor learning experiences. Students have been camping, paddling, hunting, fishing, and participating in a wide variety of fun learning activities. We are looking forward to a great winter full of adventure from winter camping, to dog sledding, fishing, cross country skiing, and making our own winter clothing. Students are earning lots of certifications this semester, including an upcoming Ice Rescue and Wilderness First Aid course.

Paddle Canada Certification

In October, students spent 2 days refining paddling skills while earning a Lake Water Canoeing Certification at Boulevard Lake. It was a beautiful couple of days on the water and MECC students demonstrated amazing skills with the entire group earning their certification while having a great time on the water.



Food and Culture Programming

The learning kitchen at MECC has been a busy and productive space throughout this fall season. Students have been cooking up a storm each week preparing a wide range of delicious food to serve to their peers. We have prepared a lot of traditional food including moose, geese, and rabbit with help from our Elders and cultural staff. We have continued the Forest Meets Farm program with Roots to Harvest. Students have made fresh apple cider, baked pies, visited local farms, and continue to expand knowledge around local food systems. Coming up, the class will be making sausage, harvesting wild tea, and smoking fish. Students in the Food and Culture course are looking forward to volunteering at Shelter House and, preparing food for the MECC Holiday Feast.



Manoomin Harvest

During the second week of school a group of 6 senior students travelled to a nearby lake to harvest manoomin for the school to eat throughout the school year. Students harvested loads of rice, filling canoes with the grains, later parching the manoomin on the fire, and finally winnowing rice to produce a beautiful harvest of manoomin. The school has already enjoyed several feasts featuring this amazing wild food, including a tasty moose and wild rice stew.



Moose Hunting Trip

Late in September students participated in the MECC's first Moose Hunting trip along with staff from NAN. Students spent a beautiful four days hunting Mooz (moose), Biinaa (grouse), collecting Miinan (blueberries), and fishing for Oogass (walleye). The trip was a great success with one moose harvested, loads of biinaa, and incredible late season blueberry picking. Students learned lots of traditional skills and enjoyed a great few days out on the land!



Jordan's Principle Application Assistance Now Available

Should any Matawa member require assistance in the application process, please contact us! Tricia Atlookan, Approaches to Community Wellbeing Facilitator is the program lead for this initiative. Contact her or any member of the Matawa Health & Social Meno Biimadeswin team at 1-800-463-2249 or (807) 344-4575.



What is Covered?

Jordan's Principle covers all public services such as mental health, special education, dental, physical therapy, medical equipment, physiotherapy and more. Jordan's Principle goes above and beyond the normative standard for non-Indigenous people in Canada in cases where doing so would ensure culturally appropriate service provision, support substantive equality or be in the best interest of the child.

The following list contains some examples of products and services that have been funded by Jordan's Principle. Each situation is different and all requests are evaluated on a case-by-case basis. You should reach out to your Service Coordinator (listed in the document attached to this booklet) to find out what is covered and how to access coverage.

Health:

- Mobility aids
- Wheelchair ramps
- Services from Elders
- Assessments and screenings
- Medical supplies and equipment
- Mental health services

Social:

- Social worker
- Land-based activities
- Respite care (individual or group)
- Specialized programs based on cultural beliefs and practices
- Personal support worker

Education:

- School supplies
- Tutoring services
- Teaching assistants
- Psycho-educational assessments
- Assistive technology and electronics

4th Annual
Matawa Bocce Ball Tournament
September 20, 2019



A benefit for the
GATHERING OF RIVERS
FOR COMMUNITY CARE

Matawa First Nations

PRIZE WINNERS

Lorraine Spilchuk - iPad

Angie Britt - TV

Jane Holmes - \$1,000 Travel Voucher

Gail Miller - 50/50 Draw

Thank you to our sponsors and all who participated!



The 18th Annual First Nations Northern Housing Conference will be held Feb 11-13th, 2020 at the Valhalla Inn in Thunder Bay.

For more information, please visit the conference website: <http://firstnationshousingconference.com> or contact:

Saverio Rizzo, Housing Inspector/Coordinator for Matawa First Nations



Katie Hughdie introducing herself in Ojibway

OJIBWAY PILOT CLASS BEGINS

The Matawa Waka Tere Language Revitalization program using accelerated learning techniques kicked off their first Ojibwe Pilot Class mid-October in Thunder Bay. With Nancy Ritch (Marten Falls First Nation) and Lawrence Therriault (Aroland First Nation) at the helm, twenty (20) committed Matawa First Nations Management Staff strolled into the Kitchi Sippi room at Court Street ready to reclaim their language in a fun, calm and relaxed environment for the next thirty-two weeks. Students will attend class twice a week for 3-hrs.

This pilot project is pivotal in providing practical teaching and learning experiences. The aim is to eventually deliver the program within each Matawa First Nations community using their dialect.



Students Stuart Cledenning and Morris Douglas introducing themselves to each other in Ojibway

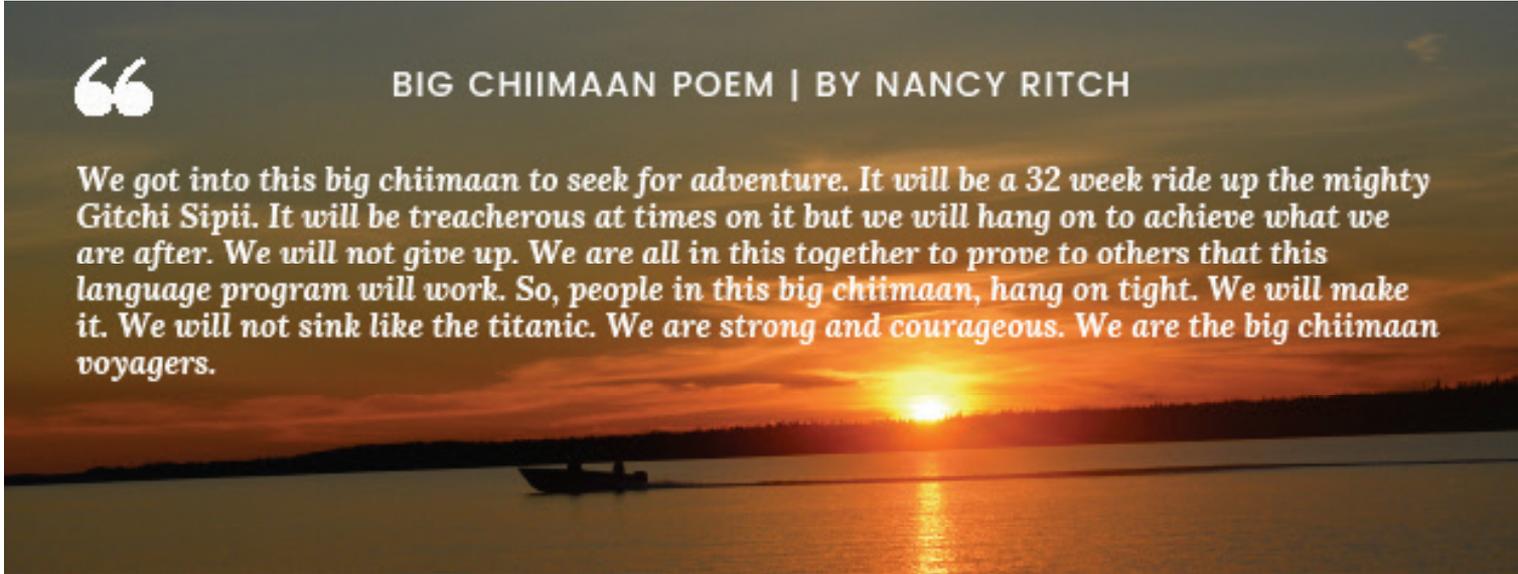


Instructor Nancy Ritch speaking with Shane Ostamus



BIG CHIIMAAN POEM | BY NANCY RITCH

We got into this big chiimaan to seek for adventure. It will be a 32 week ride up the mighty Gitchi Sippi. It will be treacherous at times on it but we will hang on to achieve what we are after. We will not give up. We are all in this together to prove to others that this language program will work. So, people in this big chiimaan, hang on tight. We will make it. We will not sink like the titanic. We are strong and courageous. We are the big chiimaan voyagers.



Boozhoo, Syndyn Nidizhinikaaz, Eabametoong Nidoonji.
Hello, My name is Syndyn, I am from Eabametoong.

I am loving the Pilot Project: Matawa Waka Tere, we have completed 4 weeks and have learned so much already. Being able to understand the words and phrases we hear, speak and write is phenomenal. Each week we are reviewing what we previously learned and building on what we are learning next. What's so unique about this pilot project journey is experiencing it with fellow co-workers from different departments within Matawa. It is so fun applying our learning when we see other at staff meetings, in the office or when we exchange emails.

Miigwech (Thank you)
Miinawaa gawabamin (See you again)

Boozhoo. Wachiye. Nick Shaver nidizhinikaaz. Thunder Bay ndoonji.

The Matawa Waka Tere language revitalization project has been minoshin. Although we have only completed the 4th week of the pilot course, I am feeling much more confident in even trying to speak Ojibwe with other speakers. I am already able to greet others, introduce myself, ask and respond to "Aniin ezhiyayaan (How are you)?", identify some common objects and family relations, and follow simple commands (run, sit, stand, breathe in/breathe out, listen, look, etc). The learning has been done at a relaxed pace with no pressure or judgement, and there is plenty of time to practice with others who are at a similar level of language use as I am.

"I enjoy teaching the class very much. I find that the students are very attentive and co-operative. They are picking up the language very fast and retaining it. The methodology of how it's done is working very well."

Nancy Ritch
Anishinaabemowin Instructor



Assistant Instructor Lawrence Therriault talking with Katie Hughdie and Wayne Slipperjack

New Application Deadlines for 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:

- May 15th --- Fall Term --- September to December
- May 15th --- Fall-Winter Terms --- September to April
- November 1st --- Winter Term --- January to April
- March 31st --- Spring & Summer Terms --- May to August

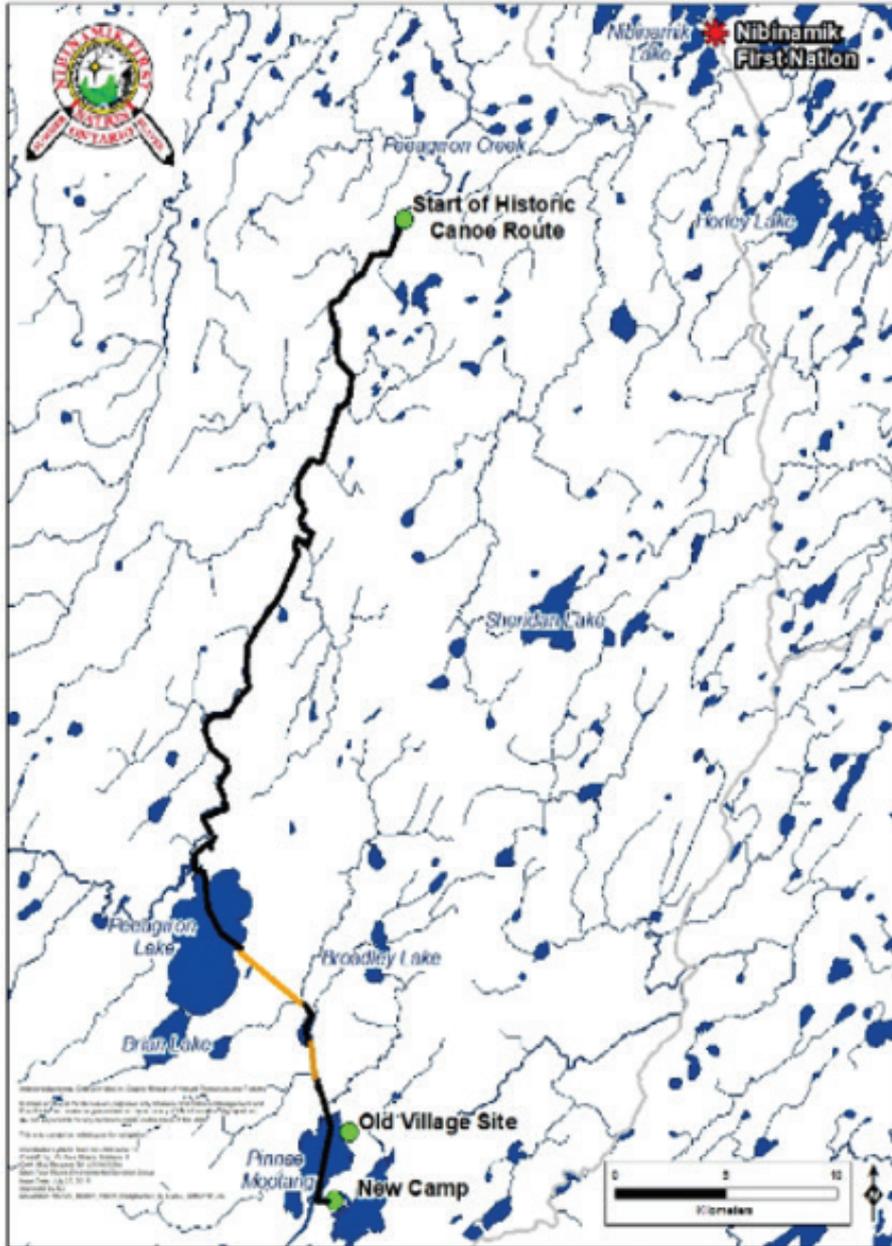


For more information please contact the Matawa Post-Secondary Program staff at:

Tel: 807.768.3300 Toll-Free: 1.888.283.9747



From September 5th to the 9th, Nibinamik Elder and MCC Tommy Yellowhead journeyed 5 days by canoe from near his community - south to his birthplace of PinnaeMootang. Along with his childhood friend Stephen Neshinapaise, 6 Nibinamik youth and a camera crew, they paddled upstream to reach the old village where Tommy and Stephen were born. The journey was recorded and the MCC group was able to see some of the video footage during their September training. The video will be soon made in to a documentary. The message for the "Journey to Our Homelands" movement was designed to inspire all Matawa First Nations to start thinking beyond the Indian Act and connect socially with each other through their rivers, lakes and trails in order to demonstrate the current and traditional land usage for all Matawa communities and First Nation members (see more on pages 11 and 12).



Group photo from the end of the 'Journey to Our Homelands' canoe trip to Pinnae-Mootang. The Elders were reunited with the area where they were born and the Youth were able to experience the life of their Elders.

Journey to Our Homelands (Continued)



DRUMROLL PLEASE...

We updated our websites!



This past summer, a number of Matawa websites were updated so that we can provide our members with information on our services in a more visually appealing and responsive design. You can check out the websites here:

- www.matawa.on.ca
- www.matawaeducation.com

Of particular note, the Matawa First Nation Education Authority (MFNEA) - Education Fund...Achieving the Dream was launched as a registered charity. It also became a partner of Canada Helps, an online registered charity dedicated to increasing charitable giving across Canada. See their page at: <https://www.canadahelps.org/en/dn/41978> or search for 'Matawa First Nations Education Authority' at: www.canadahelps.org

Mamow Community Coordinator Training (Regional Priorities & Jurisdiction Continued)

The MCC group met September 18-20 2019 at the Nor'Wester Hotel in Thunder Bay to learn techniques and skills to help them connect and create decision-making networks in their communities, and also between the other Matawa First Nations members. For three days a group of MCCs, Chiefs, councillors and other community members came together to share knowledge and learn innovative methods to help communicate, facilitate and connect with others through a variety of hands-on, interactive sessions. All of the decisions that will soon be made in the Matawa region will have lasting impacts for the people who live there, as well as on the land and water. This training was designed to help MCCs lead the discussions and communicate the issues related to regional community-driven decision-making to the Matawa First Nation members.



Update from the Regional Priorities & Jurisdiction Working Group

1 **Unity Declaration**
From words to action

2 **Community Driven**
From words to action

3 **If we don't decide now**
Someone else will decide for us

making decisions together

The Regional Priorities & Jurisdiction Working Group (RP&JWG) continue to complete work on research, reviewing and option development related to jurisdiction, in order to produce material for the Matawa Chiefs' review and consideration. An important area of focus is discussing and outlining the underlying jurisdiction issues related to lands and resources. More information will be coming from the work of the RP&JWG over the next few months.

WHO WE ARE...

Matawa Regional Priorities and Jurisdiction Department (RP&J) provides support and assistance to the Matawa First Nations in the areas of: regional priorities, jurisdiction and governance, lands and resources, community engagement and capacity building, working group coordination (including logistical support, research and information gathering, document preparation and distribution and government updates/current events). We work closely and are directed by the Matawa Chiefs Council and Matawa community members, and also with Matawa First Nations Management program managers in order to ensure an inclusive approach.



Matawa Business Support Program



The Business Support Program focused on youth entrepreneurship skills this year. We have completed the Matawa Wolves Den, which was featured at our Annual Empowering Our Entrepreneurs Conference. We visited several Matawa community schools including KKETS and MECC in Thunder Bay.

There are no secrets to success. It is the result of preparation, hard work and learning from failure.

COLIN POWELL



If you are aspiring to become a small business owner and are not sure where to start...

ASK YOURSELF THE FOLLOWING QUESTIONS

What kind of business am I going to have? (product or service?)

Is there an opportunity in my community for my business idea?

How am I going to go about finding resources for my business?

Am I ready to take on the responsibility of starting my own business?

Will I be prepared for some of the challenges that may occur when starting my own business?

On behalf of the Matawa Business Support Program, we would like to wish you and your family a safe and joyous holiday. Merry Christmas and a Happy New year!





Invitation to the Matawa Community

Learn how to file taxes and talk about benefits.

The goal is to have Matawa host free tax clinics for its members utilizing those of you who take this training.

3 Day Event- Jan 21-23, 2020 (9am-4pm)

AFOA Canada will train you to complete tax returns and to talk about the benefits people are able to access. From January 21st to the 23rd, 2020, we will be at the **Matawa building (Ogoki Room)** to host a 3-day event to help you through the process and get you ready to host a free tax clinic for your community members next tax season.

You will learn how to:

- Complete simple and complex taxes
- File taxes by paper and online
- Talk to community members about benefits they can access
- Volunteer as a part of a team that will host a clinic next tax season
- Day 1 & Day 2 will cover how to file taxes (9am-4pm)
- Day 3 will cover how to talk about benefits & credits geared toward low-income community members (9am-4pm)

Contact Info: Lloyd Wabigwan

Email: lwabigwan@matawa.on.ca

Phone: (807) 344-4575

Hosting Time & Date in Your Community:

233 Court St S., 2nd Floor, Thunder Bay, ON, P7B 2X9

January 21 – January 23, 2020- 9am till 4pm

Lunch and snacks provided





AGM HIGHLIGHTS

On July 30, 31 and August 1, 2019 Chiefs and Elder/Women/Youth delegations from the 9 Matawa First Nations came together in Constance Lake First Nation for the 31st Annual General Meeting. They started with a corporate business meeting on July 30 and held a Chiefs Council meeting on July 31 and August 1. Highlights included:

- Presentations of annual reports by Matawa Program Managers, review and approval of KKETS and Matawa First Nations Management financial audits for the year ending March 31, 2019
- Presentation by guests: the NAN Executive; Guy Bourgoiuin - MPP Mushkegowuk-James Bay; Sol Mamakwa - MPP Kiiweinoong; Tommy Yellowhead - Journey to Our Homelands; Darren Thomas & Terry Mitchell - Free, Prior and Informed Consent; Anna Betty Achneepineskum - Missing and Murdered Indigenous Women; Sonny Gagnon - Tikanagan; Diane Wesley - Eagle's Earth Treatment Centre, and, Patrick Cassey - Discovery House
- Honour song for Missing and Murdered Indigenous Women

Meegwetch to everyone in Constance Lake First Nation for their gracious hospitality, wonderful nightly entertainment and closing feast! Our next AGM will take place in Webequie First Nation from July 28 - 30, 2020.



Report available to download at: www.matawa.on.ca

Or, call us to ask for a copy!





Health Co-op Participate in Ginoogaming First Nation Wellness Week

From November 12 - 14, 2019 Ginoogaming First Nation held Wellness Week. Events included pipe/sacred fire opening ceremony, drum teachings at Our Lady of Fatima School in Longlac, spaghetti supper, buddy bingo, health fair, children's craft night, community breakfast, addictions and mental wellness workshops, special needs workshops and family game night.

Matawa Health Co-op were able to participate and by providing the community with workshop on depression and harm reduction.

On November 13 they held a lunch with special guest Tala-Tootoosis who spoke on 'Recovery from Meth.' Tala (pictured in ribbon dress to the right) is a motivational speaker who has been on an amazing journey to find herself and share the message as she goes along for the past 14 years. She struggled with a hardcore addiction to crystal meth, crack-cocaine and drinking for too long, and when she quit, she wanted to share how it happened and what helps her to stay sober. A single mother of three, Tala has been all over Canada telling her story - from reserves, to schools, to frontline workers at huge conferences about addictions and recovery. She comes with an amazing story that helps those who listen to understand the hope that was instilled in her throughout all the mentors in her recovery journey.



Matawa Health Co-op Nurses and Mental Health Staff



Ginoogaming First Nation Health Centre Staff



**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

January 14 and 28
February 11 and 25
March 10 and 24





International Aboriginal Youth Internship

Uganda, Africa

The 2020 International Aboriginal Youth Internship to Uganda intake is now open to applications!

14 Aboriginal Canadian Youth Interns, ages 19-35

3 Months in Uganda, Africa, all expenses paid

Community Development • Sustainability • Forestry • Indigenous Cultural Exchange • Agroforestry • Field Work • Project Management • Forest Conservation • Technical Skills • Research • International Relations

Application Deadline: Dec. 31, 2019

Next Program: May - August 2020

FORESTRYCOUNCIL.CA
workforce@forestrycouncil.ca

*Daniel Green,
 24 years old
 Kispiox First Nations*

"I love to connect with others and facilitate a space for us to share our valuable and beautiful story of kinship and survival"



*Angela Hare,
 24 years old
 Alexis Creek First Nations*

"It's time to break the cycle and show our youth that we don't have to follow the path of darkness. We can create a future where we carry the wisdom from our elders and teach the young to keep our traditions alive."




 the Jane Goodall Institute of Canada


 Stratosphere
 INTERNATIONAL



Global Affairs
 Canada

Affaires mondiales
 Canada

Matawa First Nations Management Welcomes New Staff

Matawa Education and Care Centre

Youth Inquest Assistant, Camille Ferris



Boozhoo, Aniin, Waachiyaa!

My name is Camille Ferris, I am a nishnawbekwe from Constance Lake First Nation, born and raised in Thunder Bay. Before my employment at Matawa Education I was working as an Educational Assistant at Migizi Wazisin Elementary School on the Long Lake #58 First Nation. There I enjoyed working with the students, helping

them grow and really grasp what they were learning. I recently moved back to Thunder Bay and began working for Matawa as the Youth Inquest Assistant.

My first few weeks have been very busy and exciting as I have met some great people who are working hard to ensure we are doing our best to implement the Jury Recommendations to make the city of Thunder Bay a safe place for students from the Matawa and surrounding communities to come and access secondary and post-secondary education. I look forward to working as a team with Matawa and the other partners involved with the Seven Youth Inquest to overcome challenges to ensure our First Nation Community Members are accomplishing their education goals.

Matawa Education and Care Centre

System Administrator, Chris Hanley



Chris Hanley joined the Matawa Education IT group as the System Administrator. Chris brings with him over 25 years of IT experience mostly in Education systems. He is a local guy having graduated with an IT degree at LU in 1986. Chris was also educated in Southern Africa and completed his secondary school in Swaziland. Chris is enjoying his role at Matawa especially

visits to remote communities. He looks forward to improving internet connectivity in the remote communities as a result of the recently announced fibre optic project.

KKETS

Apprenticeship Support Officer, Tracey Aultman



Boozhoo, Hello. My name is Tracey Aultman and I am a proud Marten Falls Band member. I have lived in Thunder Bay on and off over the last 18 years and consider it home. I was born and raised in North Bay moved to Thunder Bay to study Indigenous Learning in 2001. Recently I

decided to go back to school and completed my Social Service Worker Diploma at Canadore College. I am the new Apprenticeship Support Officer at KKETS and very excited to be working with Indigenous Students looking to further careers. I look forward to working with the team at KKETS

Regional Priorities & Jurisdiction Department

Administrative Assistant, Charlene Neegan



Hello, I am Charlene Neegan and I am from Constance Lake First Nation. I worked in the realm of Lands and Resources for my First Nation for 7 years. I have held different positions in my community related to lands such as: MNR Liaison, CCLO, Resource Development Officer, Regional Framework Administrative Assistant and Regional Framework Agree-

ment Coordinator. During those years I sat on different working groups. I sat in on Forestry planning groups with CLFN, MNR & Hearst Forest Management Inc. and on Constance Lake's Far North Joint Land Use Planning committee. More recently I was a part of Matawa's Regional Framework Working Group. Now, I am working at Matawa First Nations Management as the Regional Priorities & Jurisdiction Administrative Assistant. As much as I loved working in my community, I am happy that I have the opportunity to work regionally with all 9 Matawa First Nations.

Four Rivers Group

Stewardship Intern, Erin Desjardins



Boozhoo, Erin Desjardins nindizhnikaaaz. Eabamentoong First Nation ishkonaganing nindi dibendaagoz. Wequedong nindoonji. I have been in Thunder Bay most of my life and have spent a great deal of time from my younger days along the shores of Lake Nipigon. I was hired by Four Rivers/MFNM as the Stewardship Intern in July 2019, where I quickly got my

feet wet (literally) by initiating a fisheries field program in my home community. I provide support on a variety of environmental projects, with my focus being on fish and wildlife. Prior to starting with MFNM, I spent the last 5 years working with other First Nation organizations in various capacities. I have an Honours Bachelor of Environmental Science degree from Lakehead University and through the Matawa Water Futures initiative I am currently pursuing a Master of Science degree in biology. In my spare time I like to get out hunting and fishing with friends and family. I also enjoy being in my garage with my husband working on our race cars and heading to the track in the summer. It has been a long-term career aspiration to work in the capacity that I do and for my home community. I look forward to where this new journey will take me!

Four Rivers Group

Geomatic Intern, Sasha Michano



Hello everyone, my name is Sasha Michano from Ginoogaming First Nation. I started with Matawa Four Rivers as the Geomatic Intern. I was previously working for my community as the Traditional Knowledge Data Collector. I'm very excited and happy to be part the team.

KKETS

Program Support Officer, Sherry Zatti



Boosho my name is Sherry Zatti. I am from Ginoogaming First Nation. I reside here in Thunder Bay with my husband and our 2 children. I recently graduated from Confederation College with Office Administration. I have been on my education path for 3 years now, and don't regret the decision I had made in life. I have always wanted to work in the office setting and being part of a team. I am truly honored to be a part of the Nishnawbe Education and Training (NEAT) as the Program Support Officer. I look forward to working with such great staff here at Kiikenomaga Kikenjigewen Employment & Training Services.

Social Services Framework Department

Social Services Framework Coordinator, Robin Haliuk



Good day it is my pleasure to introduce myself. My name is Robin Haliuk and I have been hired as the new Social Services Framework Coordinator with Matawa First Nations Management. I am a proud Metis woman with connections to Lac Seul First Nation and Metis Settlements in the Ottawa River area. I was born and raised in Thunder Bay and am proud to call it my home. I have 23 years of experience in the Social Services field having worked both on an off reserve in Ontario and Manitoba supporting Indigenous families with direct services and I have over 10 years Management experience with First Nations service providers in Thunder Bay. I look forward to serving the Matawa communities and working to support families through the Social Services Framework.

Social Services Framework Department

Family Support Worker, Adora Nawagesic



Boozhoo my name is Adora Nawagesic, I am happy to be joining the team as a family support worker for the new social services framework department here at Matawa (MFNM). I am a registered band member of Kiashke Zaaging Anishinaabek First Nation. I am a recent graduate from Sault College from the Social Service Work program with a Native Specialization. I have always been interested and passionate about the Anishinabek culture and utilizing culture as prevention. I am motivated to help our peoples and communities reach for and achieve holistic health. I'm looking forward to working with you all and feel free to reach out if you need anything. Miigwetch

KKETS

Employment Services Integration Officer, Stuart Clendenning



Boozhoo Everyone. My name is Stuart Clendenning. I am originally from Winnipeg, Manitoba. Grew up in Northwestern Ontario. I am the Employment Services Integration Officer at Matawa Kiikenomaga Kikenjigewen Employment & Training Services (KKETS). I am a graduate of Bemidji State University, Queens University and York University Osgoode Law with degrees/diplomas. I have been fortunate over my 20+ year career to deliver programs and services to various First Nation profit and non-profit organizations; specializing in Education, Health, Social Services and Economic Development sectors. Outside of work I choose activities that allow me to spend time with my family and friends. My hobbies include hockey, golfing, and fishing. I am proud to be here and thankful for the opportunity to work with everyone!

Social Services Framework Department

Training Coordinator, Dionne Beardy



Hello, my name is Dionne Beardy from Muskrat Dam First Nation and speak fluently in Ojicree. I recently started as a Training Coordinator with the Social Services Framework Department. I have been in various supportive roles in serving our children, women and families for over twenty years in urban and remote community setting. I strongly believe in cultural connection to healing our people and communities so I am looking forward in engaging and working with our member communities. Meegwetch

Social Services Framework Department

Family Support Worker, Kelly Tiboni-Ranta



My name is Kelly Tiboni-Ranta and I have been hired as the Family Support Worker under the new Social Services Framework Program. I have 25 years experience working indirect contact with Indigenous Families, here in Thunder Bay. I originally come from the Michipicoten area and proud to call Thunder Bay my home for the last 26 years. I am a member of Ojibways of The Pic River First Nation. I look forward to supporting the Matawa families through my current position.

Matawa First Nations Management Welcomes New Staff (Cont'd)

Health Co-operative

Nurse, Jamie Livingstone



Hello, my name is Jaime Livingstone, I am a Registered Nurse newly hired with Matawa Health Co-op. I have obtained my nursing degree in 2011 at Lakehead University. Prior to that I worked as an RPN for many years. Most of my nursing career has been focused on mental health and addictions, which I am extremely

dedicated and passionate about. In addition, I also have obtained my basic and advanced foot care Certificate and Suboxone Certificate. When not at work, I can be found spending time with my three beautiful children. I am very grateful for this opportunity and look forward to watch the future may hold. Miigwetch.

Health Co-operative

Director of Clinical & Nursing Services, Crystal Bell-Wesley



I am a member of Ginoogaming FN with strong family ties to Aroland. I joined the Matawa Health Cooperative team on October 21, 2109. I have 15 years of nursing experience working as a Community Health Nurse, a Clinical Nurse, and as a Certified Diabetes Educator. I have also had opportunity to share my nursing knowledge through teaching various health disciplines at

Oshki-Wenjack and Lakehead University in Thunder Bay, ON. I am a proud mother to 4 beautiful children and wife to my husband Corey Wesley. I am excited to be a part of the Matawa Health Co-operative team and I look forward to dedicating myself in providing quality care and excellent health services to our First Nation communities.

Living with Us... MOOZ - ATIK - WAWASHKESKII (Deer Species)



There are three deer species in northern Ontario: moose, woodland caribou and white-tailed deer. All three species have brown fur, split hooves, temporary antlers and eat only plants, but their preferred menu and habitats are different. Moose, who prefer to live near lakes, ponds and streams in the boreal forest, enjoy eating lilies, pondweed, willow/birch shoots and dandelions. Caribou, who prefer to live in large herds in the dense boreal forest, like to eat lichens, willow/birch leaves, sedges and grasses. White-tailed deer, who prefer to live on the edges of forests, favour grasses, legumes (such as alfalfa) and willow/birch shoots in their diet. Unlike woodland caribou, white-tailed deer can adapt to live in urbanized areas (i.e. in/near cities and communities).

Did You Know... White-tailed deer have been expanding their range northward and are now being sighted in the southern reaches of the Matawa member First Nation homelands. Boreal woodland caribou populations have been declining throughout Ontario, in response to expanding development (roads, mining and forestry) and the changing climate. Four Rivers is making efforts to record observed changes in all of our deer species populations. Do you have a caribou, moose or deer story that you'd like to share? Please contact Kevin Wabasse at kwabasse@fourrivers.group (807-285-9400).



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

