

Happy Holidays!

CREE

*Kee-wah-chee-yay-mee-tee(n) ay
mah-koo-shay-kee-shee-kah(k)*

OJI-CREE

*Mino Makohshe
kiishikaa*

OJIBWAY

Mino-magoshegiizhigan

*A Christmas Message from the Matawa Waka Tere - Language Team
And how they Celebrate the Holidays*

Having a feast with family.

Wiisininaaniwon

- Having a feast

Mino-magoshegiizhigan

- Merry Christmas

Mino oshkibiboon

- Happy New Year

Nancy Ritch



Mino ya wok gakina awiia ndina weh maganak

Wishing good health to you all

Agomazin - Be careful

Lawrence T

Giiwitamowak dineh maganak

- Visiting family

Magoshenaniwan

- Feasting

Lois Whitehead



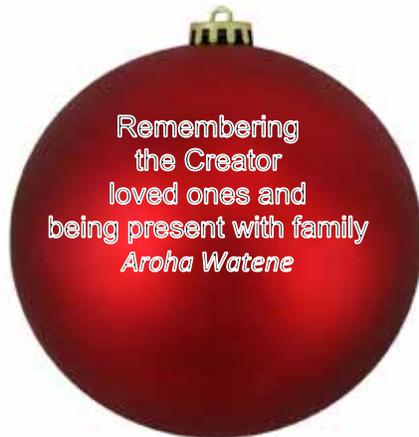
Spending time outdoors with family;

Bimaada-eh - Skating, Bimagimoseh - Snowshoeing,

Shooshkwado-eh - Sliding and Bimoseh-Hiking

Merry Christmas! Stay safe and be warm.

Tracy Spence



*Remembering
the Creator
loved ones and
being present with family
Aroha Watene*

***Eat Sleep Beach**
Repeat This is how my
normal holidays is
spent with the family*

*May the creator fill the
holidays with moments
of love, laughter, good
health and lots of
money...ops memories
Mike Graham*

2021 wordle report





Four Rivers has introduced a new monthly 'Mineral Development Information Support Officer Journal', straight from the pen of Peter Moses! This journal aims to provide some insights into the current state of mining in Northern Ontario, in an effort to spread awareness and build knowledge in the mining sector.

To join our mailing list or to request past journals, please contact lprior@fourrivers.group

**Mineral Development
Information Support Officer**

Journal



fourrivers.group

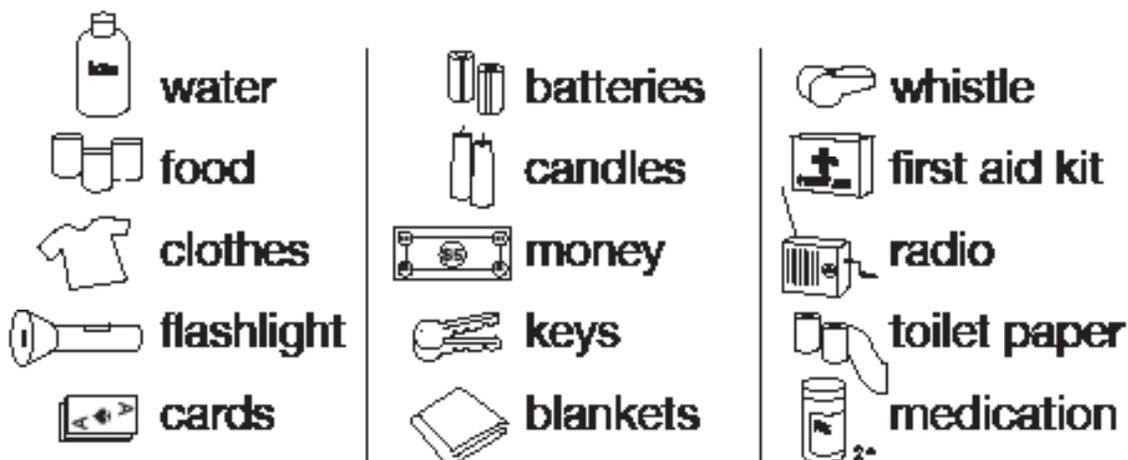


Emergency Survival Kit Word Search

Ages
7+

www.ontario.ca/emo

Find and circle the items that should be in your Emergency Survival kit.



P O E M A T W A T E R A R E D D O O F P O E M J G F I
T A R E D C L O T H E S O E M T H G I L H S A L F V I N A N
U S D A R C B A T T E R I E S D I E S T S E L D N A C O E
R S I M Y E N O M R S I M K E Y S D I E S U E M A H N
T S T E K N A L B E W H I S T L E I E S K D N H B I D O I F O
T U Y W N U D L B W K N B E L J I F S F I R S T A I D K I T O
E S O I D A R I E M E S T O I L E T P A P E R S I M E L I O X
E S L K B E N O I T A C I D E M E G L E M D I O J I N S C X

MATAWA AWASHISHEWIIIGIIHIWAYWIIN (SOCIAL SERVICES FRAMEWORK)

BAND REPRESENTATIVE EDUCATION AND TRAINING

Building Capacity within the Band Representative Sector



Artwork by Joseph Sagaj, Neskantaga First Nation

February 22 - 24, 2022

In-Person at Victoria Inn (with requirement for COVID-19 vaccination and pandemic protocols in place) | Thunder Bay, Ontario | Open to Matawa members working in the sector and their Leaders (with some seats available for other First Nations at a minimal rate)

Guest Speakers | Hands-On Learning | Reporting | Best Practices | More!

Contact Dionne Beardy at (807) 633-5359 for more information



The Awashishewiigiihiwaywiin program is grateful for the support of Nishnawbe-Aski Nation. Stay tuned for more updates including registration on our events page at: www.matawa.on.ca or scan this QR code.



Climate change adaptations for northern First Nation communities & individuals

WINTER ROAD TRAVEL

CLIMATE CHANGE

- warmer temperatures
- changing rain & snow
- especially winter, spring & fall
- more winter rain

IMPACTS ON LAND, ICE & WINTER ROAD

- later freeze up
- earlier break-up
- shorter winter road season
- permafrost thaw
- more mid-winter thaws
- weaker, thinner ice
- unexpected road closures
- delay in road opening
- worse road conditions

IMPACTS ON THE COMMUNITY

- energy insecurity
- higher cost to fly in goods
- food insecurity
- unable to attend events/appointments
- social isolation

- Share daily road information in the community
- Consider an all-season road feasibility study
- Reduce dependence on shipped goods
- Harvest from the land when you can
- Realign the route
- Seek funding for equipment
- Gather winter road information
- Improve winter road flooding methods
- Reduce the need for fuel tankers
- Produce energy in the community
- Install permanent bridge crossings
- Add bridges at increasingly risky water crossings

UP NORTH ON CLIMATE
Climate Change Impact and Adaptation Study for the North of Ontario

Emergency preparedness starts with you

power outages

- Stay away from and report downed power lines
- Avoid water near electrical equipment
- Stay informed
- Don't use outdoor grills or bbqs indoors
- Use glowsticks or flashlights

ontario.ca/beprepared

WINTER ROAD TRAVEL - ADAPTATION OPTIONS



Permanent bridge crossings



- Bridges over river and creek crossings can make winter roads less dependent on ice conditions allowing roads to open sooner and stay open longer.
- This option is likely to be expensive.

Realign the route



- Winter road builders, guided by local knowledge or their own experiences, may be able to make small-scale changes to the winter road routes like: avoiding steep slopes, limiting south-facing exposures, finding better creek-crossing locations, etc.
- Large-scale changes to the route involving big stretches of road (and likely more than one community) would be a big project involving consultants, engineers, government, etc.

Reduce need for fuel tankers



- Fuel for diesel generators is a big part of the goods shipped over winter roads.
- Energy from renewable sources, like wind or solar projects, reduce the need for diesel in communities.
- Wataynikaneyap Power is also connecting some remote communities to the provincial electricity grid.

Share information



- Climate change is making winter road conditions less predictable.
- Share daily winter road information in the community. Many communities and community members already do this using social media.
- Conditions can vary over different sections of winter roads. Information about road conditions over long distances, like the entire route from major centres in the south to communities in the north, could be very useful.

Better equipment



- Equipment upgrades could allow some road construction to start earlier. Graders, for example, could allow land sections to be built quickly without needing to wait for plentiful snow to create a smooth road bed.
- Seek funding for new equipment.

Reduce need for shipped goods



- It may be possible to harvest some goods, like logs or food, from the land.
- Consider foods that can be grown in your community with gardens, greenhouses, etc.
- Traditional ways of building may better incorporate materials from the land and strengthen cultural connection.

All-season road feasibility

- As the winter road season gets shorter, Tribal Councils, regions, etc. might explore the option of an all-season road.
- Communities may want to support an all-season road feasibility study for their region.
- Planning and building an all-season road is a long, multi-million dollar process that will require engineers/consultants, impact assessments, a coordinated plan, etc.

Winter road flooding



- It may be possible to change or improve road flooding methods to get better results.
- Newer water pumps, more water pumps, or other types of equipment could be helpful. Seek funding if equipment could be updated or improved.
- Ice-penetrating radar machines (like used in SmartIce) could be helpful for determining safe ice thickness for flooding and travel.

Gather information



- Gathering information about the winter road (road condition, road usage, opening/closing dates, etc.) can be important for future decisions.



www.upnorthonclimate.ca

*Adaptations vary in scale (small to large), focus (individual to community) & cost (low to high). Find what works for you and your community.



Be prepared.

Prepare your Family Emergency Survival Kit today!
Find out how.

www.ontario.ca/emo





MATAWA HEALTH CO-OPERATIVE

The Matawa Health Co-operative is hosting a:

Walk-in Clinic

When: Tuesdays from 1:00 – 4:00pm until further notice

Where: Chapples Building: 101 Syndicate Ave N Suite 510A, Thunder Bay, ON P7C 1M9

How: Call (807) 346-2370 to be booked for a virtual or in-person appointment

Who: For all Matawa members

Common Walk in Clinic Issues Include:

Allergies	Head lice
Pregnancy testing	Minor head aches
Upper respiratory tract infections	Pink eye
Birth control	Urinary tract infections
Yeast Infections	Sexually transmitted infections
Sore throat	Prescription refill <i>(must provide clinic with old prescription history)</i>

To book an appointment please call the Matawa Health Cooperative at 807-346-2370 or the Nursing line at 1-833-625-3611.

Please have your medications or a list of them available before your appointment.

*****There will be no narcotics/controlled substances prescribed at this clinic*****

Many hours 'ere the sky brightens, Creator beckons us to stir and wake,
for our duty—divinely passed onto us—awaits.
Through chill and winter squall,
our wings carry forth, for duty calls.
Swift and trembling does the landing touch,
with gear in hand, we do not rush.
What is the price of running if our feet be not so sure,
better to steady now, doth safety we ensure.
For our patients, our families, our friends,
to them our hearts fully extend
and to us they show their arms unbent;

A third time, a second or even first,
it matters not to prevent the worst.
Through minutes, hours, advances and delays,
our hands work well throughout these days

Before long, with three and twenty sharps disposed
Our deed is done, thus we repose.
Sunset carries us home with delight
For now we spend another night
As our eyes draw tight within our dens
Soon shall we begin again

- A Matawa Health Co-op Nurse



The Matawa Health Cooperative staff travelled to Ginoogaming and Aroland in September and October for Health Promotion pop ups. Staff distributed potatoes from the Matawa garden, provided PPE, education, awareness and activity for the members. In Ginoogaming, the new Chief and Council ceremony took place and in Aroland the school aged kids took part in a scavenger hunt. Members can contact the Matawa Health Cooperative through the Nursing Line 1-833-625-3611 at the Clinic 807-345-2370, or MHC Facebook page.





Four Rivers Drone Team in Eabametoong (L to R): Jasmine Baxter, Holly Pyhtila, Sonny Black, Dinesh Gunawardena

Meegwetch to those that shared *their* inspirational stories on how they **Keep the Paddles in the Water**

“Our Inspiration” Knowledge Gathering Entry

- Lyndon, Aroland First Nation

“Keep The Paddles In The Water” Knowledge Gathering Entries

- Youth submission, Eabametoong First Nation
- Vida Baxter
- Chief Judy Desmoulin, Long Lake #58 First Nation





Ginoogaming Drone Flights

Matawa Safe Sobering Site

HARM REDUCTION

The Matawa Safe Sobering Site is an accessible service to all Matawa First Nation Youth from ages 13-21 who are under the influence of alcohol and other substances. We provide a safe, judgement free zone where students can come and sleep it off. Also, students have access to mental health supports, harm reduction supplies and can be referred to a treatment. The staff are fully trained to provide care and to monitor students while they achieve level of stabilization.

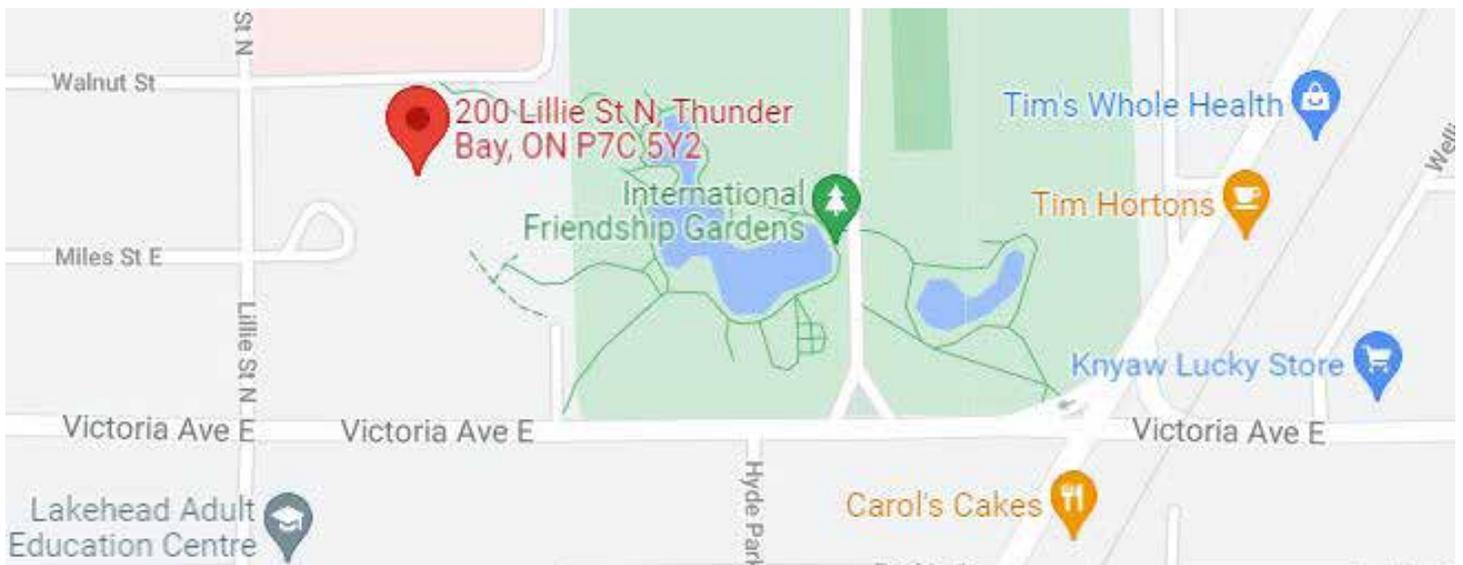
Recently, the Safe Sobering Site extended their service with harm reduction supplies. We distribute safe supplies for substance use out of our site located at the Matawa Education & Care Centre at 200 Lillie St. N. in Thunder Bay.

The harm reduction supplies we have are:

- Safer Smoking Kits (crack and meth pipes)
- Safer Snorting Kits “Don’t share!”
- Safer Injection Kits: needles/syringes, tourniquets, cookers, acidifiers, filters and sterile water ampules “Stock up on drug using equipment”
- Naloxone overdose kits
- Safer sex (condoms)

Harm Reduction Saves Lives and Don't Hesitate to Ask for Some!

For more information contact us at 807-632-0639



COVID-19 Booster Clinics in Neskantaga and Webequie

That's not Jack Frost nipping at you, thankfully it's not the nose. Successful booster clinics in Neskantaga and Webequie First Nations. Dedicated teams of nurses and support staff braved howling winds and snowy flurries to contribute to continued safety and wellness in the form of inoculations. Chi Miigwetch to the people of Neskantaga and Webequie who participated in droves and volunteered their arms. With your patience and good humour, over 300 vaccinations of Moderna, Pfizer and even flu shots found you well. Chi miigwetch to the travelling teams of Matawa Health Co-operative, SLFNHA and ISC. Chi Miigwetch to Air Bravo for safely ferrying our intrepid teams there and back again on this long-expected journey.



Matawa Health Co-op provided COVID-19 boosters in Neskantaga First Nation on November 15 & 16, 2021 and Webequie First Nation on November 17 & 18, 2021



N95 Mask Fit Testing

The Matawa Health Co-operative Public Health Nurses have been providing qualitative N95 mask fit testing for staff members. A N95 filtering facepiece respirator, commonly abbreviated N95 respirator, is a particulate-filtering facepiece respirator that meets the U.S. National Institute for Occupational Safety and Health N95 classification of air filtration, meaning that it filters at least 95% of airborne particles. The N95 type is the most common particulate-filtering facepiece respirator. It is an example of a mechanical filter respirator, which provides protection against particulates but not against gases or vapors. If you are interested in receiving mask fit testing please reach out to the MHC public health nurses at 1-833-625-3611.

L to R: MHC Nurses Noreen Moskotaywenene and Justin Chapdelaine



Emergency preparedness starts with you

winter safety



Add warm clothes & blankets to your emergency kit



Bring your pets inside during cold weather



Stay connected by radio, TV or online

ontario.ca/beprepared 



Matawa Radio

Engaging First Nations over the airwaves

**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 4 and 18
February 1 and 15
March 1, 15 and 29

Join us for the Matawa Christmas...




Radio Show

Tuesday December 7, 2021
4:00 EST
Wawatay Radio Bell TV
Channel 962 or
www.wawataynews.ca/radio
Christmas cheer and more!
With Special Guests from
Matawa First Nations Management



Back L to R: Tina Gordon (Finance Officer), Barb Rabbit (Membership Clerk), Robina Baxter (Finance Officer), Tom Friday (Maintenance Supervisor), Mike Harding (Financial Controller), Tanya Watts (Payroll & Benefits Officer), Brook Mainville (Finance Officer), Neil Miller (Manager Finance & Administration). Front L to R: Laureen Kahgee (Receptionist), Carl Levesque (Finance Officer)



Boozhoo, Wacheya, Greetings from Matawa Education's PASS Team

Pathways to Achieve Student Success (PASS) provides support services and resources for Matawa First Nations schools and Education authorities, primarily in the areas of literacy, numeracy, mental health and wellbeing, cultural education, student nutrition, parent and student engagement, information technology, and overall achieving student success.

We are back in the office and working together as a team, and have a few ongoing and new initiatives that we wanted share with you.

Virtual Programming Available

Since the Pandemic, the PASS Team have been working hard to create educational and engaging content virtually.

- We have created a YouTube Channel, and to view our channel go to YouTube and search Matawa Education in the YouTube search bar. You will see audio copies of our previous radio shows, stories, songs, crafts and cooking demos to help keep children interested in reading and literacy, as well as give them inspiration for new activities to do at home or in school. New episodes come out every Wednesday!
- Virtual workshops have also been available, such as; Third path, Jolly phonics, how to engage students, Growth mindset, and community/parental engagement sessions, but at times having difficulty with connectivity, and with school closures due to Covid, but we will continue to attempt until we can travel back into your communities.

Wellness Activities

- We have created wellness activities to promote student engagement and mental health. These activity packs will feature a little bit of everything from literacy and numeracy, as well as nutritional recipes, along with strategies to promote a healthy lifestyle, healthy learning, healthy eating and cultural teachings. Please reach out to the PASS Team if your school is interested in receiving wellness bags or additional Cultural Education resources.



Additional resources and supports are available

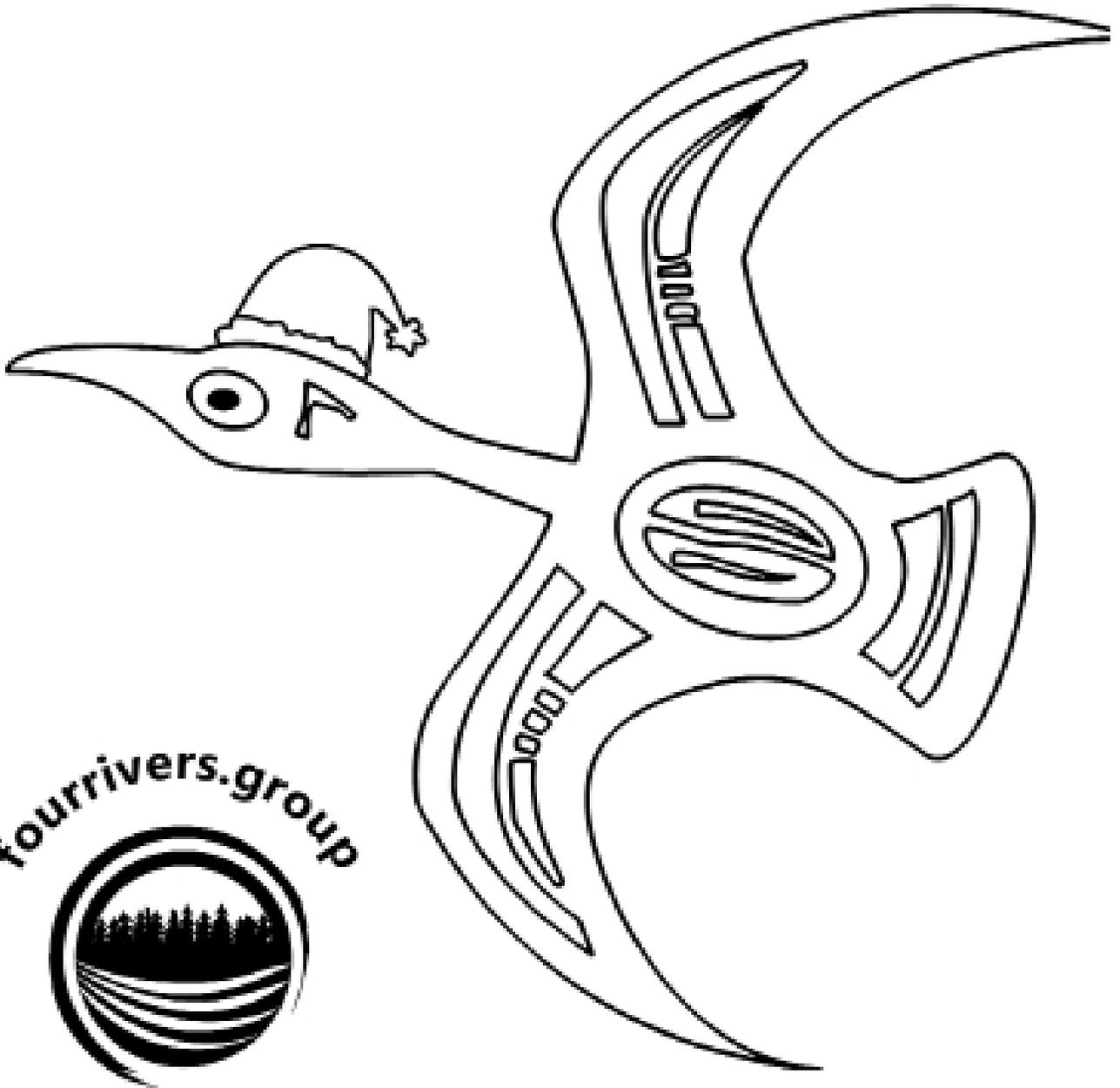
- We have created a shared space for Teachers to access resources to be utilized with your schools to further assist the learning that is being achieved and we will continue to do so, and please contact our PASS Team to learn more.

We look forward to continuing to support our Matawa schools and communities, please feel free to reach out to PASS if there are any specific programming, supports and resources needed. Contact us at toll free 1-888-283-9747, local 807-768-3300.

Wishing you all a wonderful December, Merry Christmas and happy holidays and see you all in the new year. Miigwetch-Wacheya.



MERRY CHRISTMAS



& HAPPY NEW YEAR

Matawa First Nations Management Welcomes New Staff

Matawa Education & Care Centre

Budget Officer, Tai Watene



Boozhoo! Tēnā koutou katoa, I have recently commenced employment as the MECC Budget Officer located at Lillie Street in Thunder Bay. I was born and raised in Aotearoa, New Zealand and am of Māori decent. Māori are the indigenous people of New Zealand and for those of you familiar with the movie 'Once Were Warriors' we are one in the same. Initially I

moved to Thunder Bay in support of my wife Aroha Watene, who is also employed by Matawa Education as an integral part of the Matawa Waka Tere – Indigenous Language Revitalization Project. My background is in commercial business management where for a number of years I worked as a Branch Manager and Regional Manager for New Zealand's largest security company. Financial management including annual budget setting, profit & loss reporting, comprehensive analysis of costs, monthly forecasting and end of month reporting were some of the business functions I was responsible for. I have always loved the outdoors and it wouldn't be uncommon to see me sitting in a boat on a lake somewhere or out hunting or scouting in the bush. As an indigenous foreigner, I consider it a privilege to be a part of Matawa First Nations organization and look forward to working with people passionate about making a real difference in the lives of our future generations. Miigwech.

Matawa Health Co-operative

Public Health Nurse, Sandeep Kumar



Boozhoo, my name is Sandeep Kumar. I work as a Public Health Nurse (PHN) in Matawa Health Co-operative and really enjoy my new role. We recently moved to Thunder Bay since my wife got accepted into the family medicine residency program at NOSM. I am delighted to share that me and my wife Davinder recently became new parents, and we love playing with

our 5-month-old son. I had the privilege of working with people from first nation communities in the Kitchener-Waterloo area, where I served for more than five years as a clinical assistant and as a nurse in various clinical settings. Apart from my role as a PHN in Matawa, I also work as a professor at Conestoga College and as a clinical assistant in Thunder Bay. I am a foreign-trained physician. Me and my wife share a common goal to support and serve our first nation communities and improve their quality of life. I feel honored to be a part of this wonderful organization that strongly advocates and works hard consistently to meet the needs of our remote first nation communities across northern Ontario. I feel blessed to learn from well-experienced team members who are extremely helpful and supportive of our initiatives.

Matawa Health Co-operative

Public Health Nurse, Emily Gordon



Hello my name is Emily Gordon, I am one of the new Public Health Nurses with the Matawa Health Co-Operative. I have recently graduated from Lakehead University in 2020 and have had experience nursing in acute care settings. I am overjoyed to be able to switch gears to focus my practice in public health. Being raised in Thunder Bay, I enjoy spending time with

my family and being outdoors. Outside of work you can find me completing home renovations with my boyfriend, trying new recipes and gardening during the summer months. I look forward to visiting the Matawa communities and providing care to their members!

Four Rivers Environmental Services Group

Environmental Coordination Officer & RPAS Specialist,

Sonny Black



Hello! My name is Sonny Black, and I became part of the Four Rivers team in October 2021. I have been involved in the drone industry for 4.5 years, and have many years of experience in photography and video as well as extensive energy sector experience. I am excited to be a part of the Four Rivers family and to work on

revolutionary projects!

Living with Us... Makwa (Black Bear)



Black bear on trail cam in Constance Lake First Nation



fourrivers.group

There are three species of bears found in Canada, the Polar Bear in the Arctic region, the Grizzly Bear in the West and the smallest of the bunch, the Black Bear which can be found throughout most of Ontario in forested areas. Adult males weigh from 120 kg to 300 kg (250-650 lbs.) while adult females are smaller, weighing from 45 to 180 kg (100-400 lbs.) They pack on most of this weight during the summer months when they can forage for food for up to eight hours a day. Black bears are opportunistic omnivores; this means that they will eat just about anything. They favour a vegetarian diet of berries and nuts but will catch fish during spawning season or capture a fawn or moose calf if the opportunity arises.

Did You Know... Black bears can lose up to half their body weight during hibernation. Between October and November they look for a spot to bunker down for the winter months, typically under a large tree stump lined with grass, twigs and leaves. It is here the mother bear sleeps for the next few months; in January she gives birth to 1 or 2 cubs. She nurses her cubs while she continues to doze in and out of slumber until they emerge from the den in the spring, around April or May.

The changing climate and shifts in weather patterns are heavily affecting hibernation behavior. As summers become hotter and drier, plants and fish are less abundant in some areas which affects the bear's diet. Shorter winters also mean that bears are waking up sooner than normal, when their preferred food is still scarce.



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

