



# MATAWA MESSENGER

The Power of Unity, The Dignity of Difference

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## Making Regional Framework Agreement Reporting Easier for Communities

On June 14-15, the Regional Framework Agreement (RFA) Transfer Payment Agreement (TPA) Joint Workplan Team, also known as the RFA TPA Joint Workplan Team, held their initial two day meeting. This meeting was the kick off to their first of four quarterly meetings. Each community had two or more RFA Team members participate. The Community RFA Team members include Regional Framework/Ring of Fire Coordinators, Advisors, Community Representatives, Band Managers, Finance Managers and Administrative Support Staff.

Also working with the RFA TPA Joint Workplan Team are two Ministry of Northern Development and Mines (MNDM) Ring of Fire Secretariat staff members. The primary focuses of the RFA TPA Joint Workplan Team are to make reporting easier, to ensure allocated funds are spent throughout the fiscal year and to assist with seamless funding flow for the next fiscal year. The RFA TPA Joint Workplan Team's next scheduled meeting will take place in early October.

### IN THIS ISSUE:

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Matawa Health Co-  
operative Initiative,  
Broadband

Matawa 28th Annual  
General Meeting

Welcome New Staff and  
more....



## Post Secondary Graduates 2015 - 2016

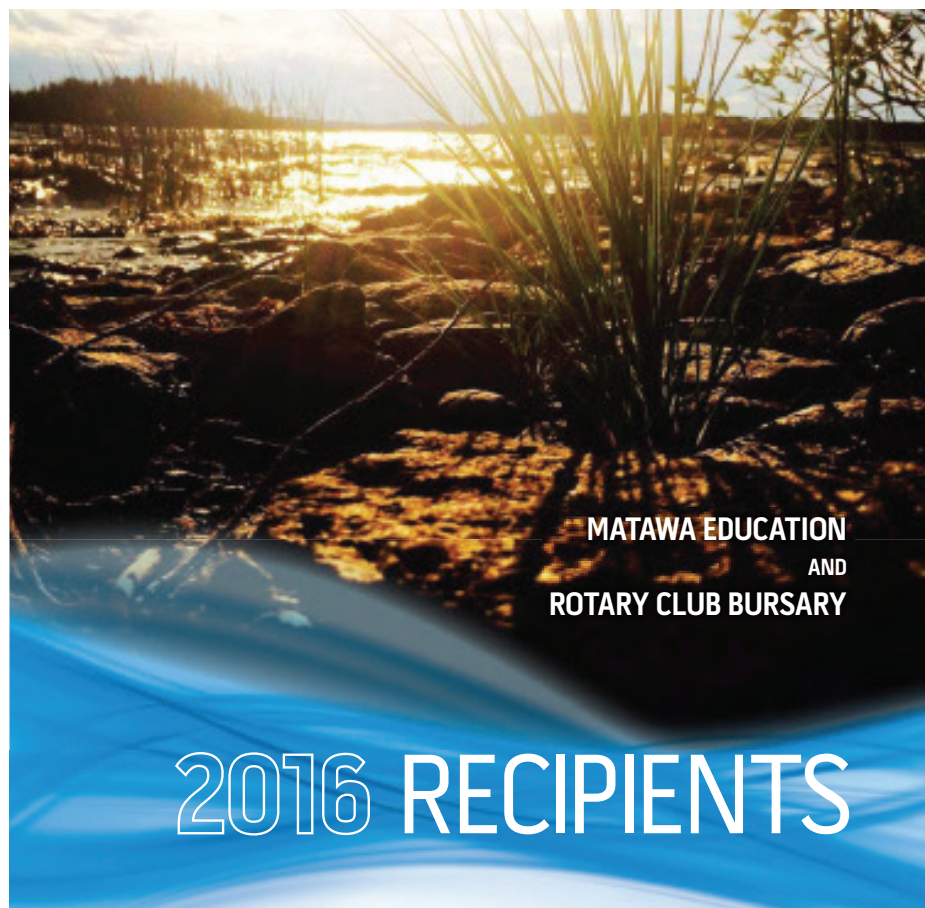


Anderson, Breanne  
 Bloesser, Chantal  
 Bloesser, Krista Ann  
 Bloesser, Myranda  
 Blouin-Bailargeon, Dustyn  
 Echum, Miranda  
 Gagnon, Blair  
 Gaudette, Caitlynn  
 Hashie, Niki  
 Jabic, Britiny  
 Krieger, Steven  
 Nabigon - Lavallee, Kayli  
 MacDonald, Kevin Christopher  
 Magiskan, Ashley  
 Mendowegan, Tiffany  
 Mekanak, Veronica  
 Moonias, Wayland  
 Renaud, Christopher  
 Wabasse, Glen  
 Wabasse, Marissa  
 Wright, Donald

Native Access  
 Early Childhood Education  
 Pre-Health  
 Practical Nursing  
 Broadcasting Radio  
 Aboriginal Community Advocacy  
 Motive Power Technician - Automotive  
 Aboriginal Canadian Relations  
 Juris Doctor  
 Personal Support Worker  
 Native Child & Family Worker  
 B. SC. Nursing  
 HBSC Computer Science  
 Business Fundamentals  
 College Access  
 College Access  
 Interactive Multi-Media  
 General Arts & Science  
 Business Fundamentals  
 Office Administration General  
 Sports & Leisure Management



**Pick Up Your Copy of this Bursary Booklet Today!**



*Cover Photo Contest Winner/Photo Credit: Linden Waboose, Eabametoong First Nation*

*Due to space limitations, we could not publish recipients in this Matawa Messenger. Booklet available online at [www.matawa.on.ca](http://www.matawa.on.ca)*



*Thank you to Bowmanville Club Members and Club: (L to R) Ted Mann, Chris Christodoulou, George Krohn, Renee Bos.*

## 2016 Recipients

### Aboriginal Youth Achievement & Recognition Awards

Congratulations to all the youth who were recognized at the 2016 Aboriginal Youth Achievement & Recognition Awards! The 2016 AYARA dinner was held in Thunder Bay on May 5, 2016 and these youth from Matawa communities were recognized for their achievements:

#### Academic Awards

**Sariane Fiddler**, Grade 10, Webequie First Nation. Sariane thrives on assignments as opportunities for improvement, such as being a participant in the International Baccalaureate Programme. The IB Program and Diploma exceed the Ontario curriculum standards and is designed to meet the highest standards required by any university in the world.

**Andrea Yesno-Linklater**, Grade 10, Eabametoong First Nation. Being an honour roll student since she started high school, Andrea credits a positive attitude for her success with her studies. Her daily routine includes outlining daily goals and she strives to reach these goals every day.

#### Artistic Awards

**Destiny Young**, Grade 12, Eabametoong First Nation. Influenced by the anime images on the television at the age of 6, Destiny always has a pencil in hand ready to sketch what her imagination comes up with. In the words of her educator, “her skills of craftsmanship are highly developed and she has an incredible astute attention to detail.” You can find Destiny’s art at [www.facebook.com/ltcera/](http://www.facebook.com/ltcera/)

#### Athletic Awards

**Demi Abraham**, Grade 8, Long Lake #58 First Nation. Demi is a well-rounded athlete who participates in soccer, volleyball, basketball, 3-pitch, track events, lacrosse, hockey, and shawl dancing. She is the first to acknowledge that she has to work to maintain balance between her participation in sports and her studies. Demi commends sports for her attitude and disposition.

#### Community Leadership Awards

**Alexis Sakanee**, Grade 8, Neskantaga First Nation. Her commitment to making a difference in her community was not be more evident than when she stood up in front of her neighbours, community member groups and volunteers to share her ideas of building a stronger community. Inspired by self-care and goal setting, Alexis assisted in the 1000 Words Photo Project where she engaged 25 neighbourhood youth to share their stories through photography.

**Ricky Ostamus**, High School, Neskantaga First Nation. You can often find Ricky engaged with his fellow classmates bowling, attending movie nights, or playing baseball. It is during these extracurricular activities that Ricky takes advantage of the opportunity to enhance his leadership skills with his classmates, especially as a positive role model for the younger students. Ricky’s plans for the future include taking his construction skills back to Neskantaga First Nation to give back to the community.

#### Peer Mentorship Awards

**Landyn Atlookan**, Grade 12, Eabametoong First Nation. Landyn has developed a reputation for exceeding expectations, while using his beaming smile and thoughtful words to positively affect both students and teachers. He always finds time to encourage his classmates and help others while generating a positive energy wherever he is. It is his intention to attend university and study Business Marketing to contribute to First Nations communities.

#### Personal Achievement Awards

**Tyrell Moonias**, Grade 7, Neskantaga First Nation. His near-perfect attendance, eagerness to learn, and timely completion of assignments are reflections of Tyrell’s perseverance and positive attitude. His classmates applauded his skills at Mario Kart Wii, taking the championship of the school tournament. Tyrell’s open heart and mind to learning will ensure his success in all of his endeavors.



**Isabel Sofea**, Grade 12, Nibinamik First Nation. She has learned the art of turning life's trials, tribulations and challenges into learning opportunities to be strong, empathetic and giving. When faced with a barrier, her support system of beliefs, music and family (especially her mother) help her to find strength. Isabel is determined to successfully complete high school, and then attend college with the goal of working with youth in the future.

**Brianna Jacob**, Grade 12, Webequie First Nation. To say that Brianna loves dogs is an understatement. She is one of four members of a dog rescue team in Webequie, and the group brought a veterinarian team to the community for a spay and neuter clinic. Brianna will graduate from high school this year, with the goal of completing the Early Childhood Education Program at Confederation College. Her ambition is to teach the toddlers of Webequie First Nation as an Early Childhood Educator.

**Tyson Jacob**, High School, Webequie First Nation. In spite of being bullied throughout elementary school, Tyson's personal goal is to graduate from high school in Webequie. His motto is to treat all others as though they are his family, and Tyson is always offering a helping hand to "any of his family members" in need.

**Tamarah Goupil**, High School, Long Lake #58 First Nation. Tamarah has overcome being in a dark place where she battled depression, anxiety, post-traumatic stress syndrome and multiple addictions. While she continues to have depression, Tamarah has chosen not to let it control her and is enjoying every moment of her life instead of wishing she was somewhere else. She has even started a small business out of her beading and sewing interests.

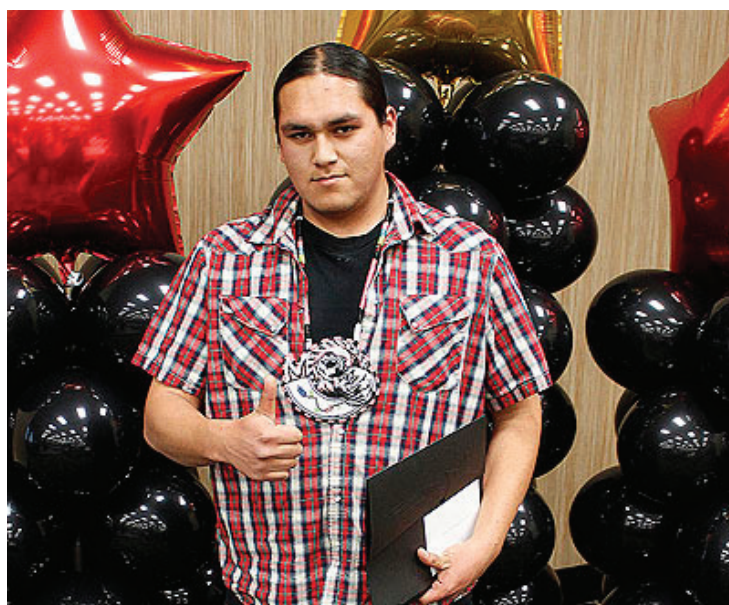
**Tristan Quisses**, High School, Neskantaga First Nation. When Tristan first came to Thunder Bay for school, he found it very challenging to be away from his community and his family. Tristan didn't know he could make it this far in education but with the support of his family and his school, he now has a goal of attending Confederation College to take either the Police Foundations course or Film Production.

### Heritage Keepers Awards

**Steve Achneepineskum**, High School, Marten Falls First Nation. Steve is dedicated to persevering and teaching all people about First Nations culture, history, customs and practices. He has been honoured as the head male dancer at the 28th annual Lakehead University powwow and was also honoured to lead a song for all the veterans at the 2015 Remembrance Day Ceremonies. Steve also runs his own crafting business online, where he sells different crafts from drumsticks to beadwork. While it hasn't been easy adjusting to his busy lifestyle, Steve has placed importance on his education and received his high school diploma this June through the Matawa Learning Centre.

### Sandra Kakeeway Cultural Award

**Gene Mendowegan**, Grade 7, Ginoogaming First Nation. Gene is part of a team who developed an Ojibwe Syllabic Keyboard. The resource he helped create will be available for everyone and has the ability to make a lasting impact, for his classmates and the community at large. This team of three students would like to credit friends, family, their principal, teachers, and counselor for providing them with the support needed to succeed.



Steve Achneepineskum, Heritage Keeper Award Recipient.  
Photo Credit: [www.makelifecount.ca](http://www.makelifecount.ca)

# Student Nutrition Program and Our Children's Education

By Stephanie Ritch, HBSW, RSW, RHN



September is on the horizon which means the start of another school year for our Matawa First Nations children and youth. For many of our schools this 2016-2017 school year will be first full school year in which the Student Nutrition Program (SNP) is operating. The SNP feeds approximately 675 First Nation elementary and secondary students a nutritious breakfast each and every school day in our participating communities. That number is even higher if you include the Matawa First Nations who administer their own SNP. As Matawa's Student Nutrition Program Coordinator I happily provide program services and administration to the SNP operating in the following schools and communities:

- Simon Jacob Memorial Education Centre in Webequie First Nation
- Nibinamik Education Centre in Nibinamik First Nation
- Neskantaga Education Centre in Neskantaga First Nation
- Migizi Wazisin Elementary and Migizi Migwanan Secondary in Long Lake #58 First Nation
- Bussing program in Ginoogaming First Nation
- Matawa Learning Centre in Thunder Bay, Ontario

I am also very happy to cook nutritious meals for the students attending the Matawa Learning Centre. Currently, Matawa is looking for the necessary funding to start a SNP at the Henry Coaster Memorial School in Marten Falls First Nation as soon as possible! Some other Matawa First Nations have chosen to administer their own SNP. It is so great to see our schools working hard together to provide a nutritious breakfast and/or lunch for our students each school day. It really does take a hard working team of cooks, school staff, parent and community volunteers to operate a successful breakfast program. Volunteers, please see your schools principal and SNP cook to learn about how you can help!

The SNP is a very important program for our student's success in school. Did you know that in Canada, 1 in 5 children is at risk of starting the day on an empty stomach due to a lack of access to nutritious food?

Unfortunately, it gets even worse because in First Nation communities this ratio is 1 in 2. That means half of our students are getting nothing to eat before they go to school in the morning. This doesn't even take into account other factors like sometimes children are just not hungry in the morning, they tend to be slower eaters, they may not like their breakfast, they may be running late, they might

have a long bus ride to school, etc.

Whatever the reason, our children are going to school to learn about a variety of subjects all day long and they need nutritious food to support them. An important question needs to be explored here; which is, besides simply eating and filling a hungry belly, what does a healthy breakfast really do for our young students? Well 60% of our learning happens before lunch and breakfast is the fuel for our brain to support learning.

The studies are clear. A healthy breakfast helps our children and youth to be more successful students for the following reasons:

- less distracted by hunger
- ready to learn
- have more energy
- more behaved
- able to concentrate
- greater interest in subjects
- have more self confidence
- improved academic performance
- overall more successful students

Breakfast also benefits students socially as well because it improves student's social skills, their ability to interact with peers and teachers, and decreases incidents of bullying. Who would have thought that one meal could mean so much to a child or youth? Remember, Matawa's SNP is free and universal for all students. So parents be sure to send your child to school on time so they don't miss out on the most important meal of the day!





## Quality Assurance Word Search

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



Words:

AUDIT  
CONTROLLED  
DATA  
DOCUMENTATION  
FEEDBACK  
FORMS  
IMPROVEMENT  
ISO  
LOGBOOK  
MATAWA  
OBJECTIVES  
POLICIES  
PROCEDURES  
PROCESS  
QUALITY  
RECORDS  
SURVEY  
VENDORS

## CRISIS INTERVENTION SERVICES



### Who Should Call:

Are you a Matawa member who is experiencing depression, long bouts of sadness? Are you being abused, facing a traumatic event or want to hurt yourself? Are you having thoughts of suicide or know someone in an emergency state? We can help.

### Help is Available:

Your Local Crisis Team Coordinator is available to assist you with programs and services that assist you in crisis situations. If your local Crisis Coordinator is not available, please contact the Regional Crisis Coordinator.

**We will help you by listening to you and allowing you to talk about your situation, assisting you in your time of crisis, connecting you with professional services treating you with respect and dignity. You matter.**

**All services are free. All services are open to all Matawa First Nation members. All calls are confidential. All clients are valued.**

### Where to Call (Local CTC):

Aroland FN	807-329-8787
Constance Lake FN	807-463-2155
Eabametoong FN	807-242-1333
Ginoogaming FN	807-876-2732
Marten Falls FN	807-349-1108
Neskantaga FN	807-479-2592
Nibinamik FN	807-593-1113
Webequie FN	807-353-1210

### Where to Call (Thunder Bay):

Regional Crisis Intervention Coordinator	807-344-4575
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Aroland RFA Team Meeting



Long Lake #58 RFA Team Meeting



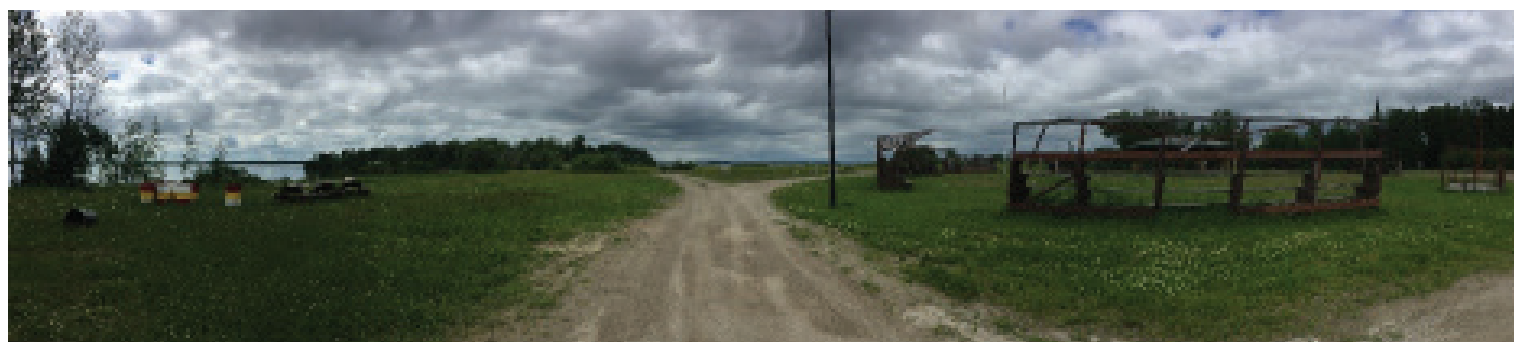
Aroland First Nation Band Office



Ginoogaming RFA Team Meeting

### REGIONAL FRAMEWORK DEPARTMENT COMMUNITY VISITS

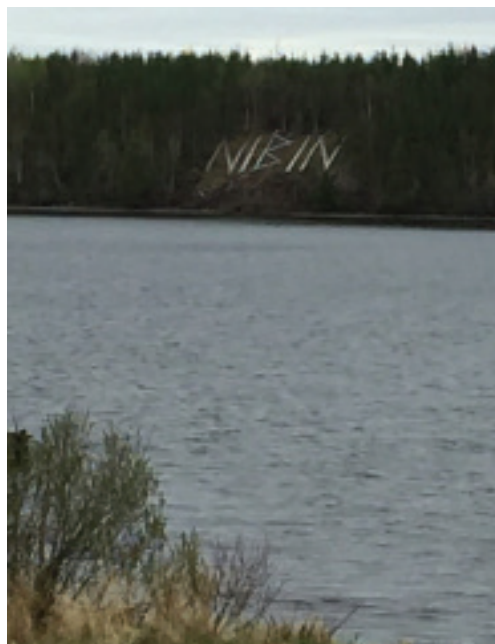
The past few months have been busy for Matawa Regional Framework department staff and our lead negotiations team. The group has visited with RFA teams and had community meetings in Long Lake #58, Aroland, Ginoogaming, Constance Lake, Neskan-taga, Nibinamik and also met with the Marten Falls staff in their new Thunder Bay location. Matawa Lead Negotiator Bob Rae and his assistant Bryce Edwards also visited Webequie. The group included Matawa staff Kathy Brady and Rosanna Peever, along with new staff members Brook Mainville and Holly Pyhtila, who all attended the AGM in Eabametoong. They had great turnout for meetings on their community tour and received tremendous constructive feedback which will help feed into the Regional Framework processes. By the end of summer all 9 Matawa communities will have met with the new RFD staff and had RFA updates, and community visits will continue as the RFA process unfolds.



Ginoogaming First Nation Pow Wow Grounds



Constance Lake Meeting



Nibinamik First Nation



Neskantaga Old Site



Neskantaga Community Meeting



## 17th Annual Nibinamik Youth Retreat



Four members of the Matawa Four Rivers team were excited to be back at the 17th Annual Nibinamik Youth Retreat with many familiar and smiling faces. Highlights of this year's trip included youth groups cycling through the water bug identification activity. This activity started with kids in the lake scooping out samples with D-nets and dumping the bugs into a clear bucket. The kids then moved to picnic tables where they examined the creatures with our high tech ProScopes and matched the species to those in reference books. The ProScopes have been a real hit these last couple of years; they are digital microscopes for iPad tablets. You clip the ProScope lens overtop of the device's camera lens. Then, using the ProScope app you can see a magnified view of the item you are hovering over right on the iPad screen! Kids took snapshots of the images they viewed on the screen as well. This type of work can build up a reference library of species found in the community's lake.

Even the youngest kids at the retreat enjoyed the mini greenhouse activity. They coloured, cut and assembled greenhouses made of cardstock and plastic baggies. Despite some clouds, enough sunlight allowed their pinto beans to sprout over the duration of the week. This lesson included information on how a greenhouse works and the greenhouse effect.

Four Rivers staff had the youth come down to the beach to watch a demonstration on how water moves sand grains in rivers and lakes. Youth took turns pouring buckets of water to form a small stream on the beach and watched as the water picked up, moved and dropped sand grains. This experiment showed that, in general, it takes more energy to move larger sand grains than smaller ones. But the kids noticed that small grains of black sand weren't moving as far as larger brown grains and we investigated further. Four Rivers staff collected and dried the black sand and using a magnet we found that the black sand would stick to the magnet and the brown sand would not. Based on this test, we determined the black sand was made up of iron and as a result the black sand was heavier than the brown sand and needed more energy to move it. The kids also learned about magnetic fields by picking up the black sand with a magnet!

The Four Rivers team also brought along some old favourites, including the Four Rivers activity booklet, youth values mapping activity, GPS's, environmental books, and beach toys like nets, bug containers and more! The Four Rivers staff would like to express their sincere gratitude to Nibinamik First Nation for being invited to the event for the 5th consecutive year, and we look forward to many more years to come!





## Matawa Health Co-operative Initiative

*By Dr. J. Richard G. Herbert, B.Sc., D.V.M., Regional Health Co-operative Coordinator*

In December 2015, a proposal to create full-time physician services in Eabametoong was brought before the Matawa Chiefs Council. In that proposal, doctors in Eabametoong could also provide services to Marten Falls, Neskantaga, Nibinamik, and Webequie.

After a larger health planning session in January 2016 with community Health Directors, the Matawa Chiefs Council passed a resolution in February 2016 to:

- examine an alternate Health and Social Delivery System for Matawa communities;
- to seek funding for the alternative system;
- form a working group from community Health Directors;
- find resources for a regional consultant and community facilitators to map current services and to develop options, recommendations, plans, phases, timelines and budgets

Health Directors and Chiefs realized that it was not just physician services in five communities that needed to be looked at. It was physician, elder, mental health and nursing services, as well as problems with Non-Insured Health Benefits (and more), in all Matawa communities that needed alternatives. Of course, each community has different needs and is sovereign over their own community programs.

A detailed proposal was prepared for Matawa First Nations Management (MFNM) with help from Eabametoong staff. That proposal is called the Matawa Health Co-operative Initiative (MHCI). The original December 2015 physician proposal became part of the bigger MHCI. The MHCI was presented to Matawa Health Directors in March 2016.

Funds needed for the MHCI were divided and proposals were submitted to 4 different provincial and federal agencies. The first proposal submitted was to Health Canada for the Health Services Integration Fund. On April 26, 2016 MFNM received approval for the proposal submitted to Health Canada.

We are advancing the other funding proposals with government officials and anticipate hearing from those agencies in the near future.

The MHCI is a two-year comprehensive community-regional planning process to create the plan for an alternate health and social services delivery system for Matawa communities. The planning process includes work to create short, medium and long term solutions for current health and wellness crises. We call the alternate system we are planning the Matawa Health Co-operative because it respects our culture and each community's governance for local programming while developing a regional delivery system; the name can change.

The MHCI will consult each Matawa community (elders, citizens, councils and governance), service providers, and stakeholders to define traditional health components, health/wellness needs, resources, and problems facing citizens with health care. The understanding of cultural and community needs will be used by the Health Director working group to create a plan for governance and cultural respect. Finally, the consultation results will be used to create plans for integrated physician, mental health, nursing, and elder health care and wellness services.

*For more information, contact your local Health Director or Richard Herbert at the Matawa office toll free at 800-463-2249 (or local at 344-4575) or on his cell at 778-645-1010.*

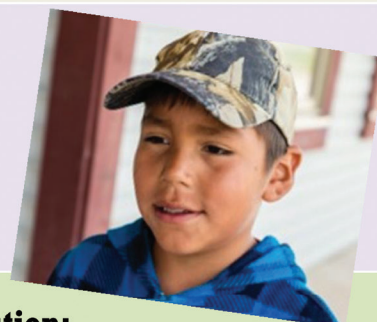




## Matawa Health Co-operative Initiative

### The Problem:

**Matawa communities (9)** are dissected into 2 federal health care zones, 3 provincial health care districts, multiple health authorities and a number of different regional mental health and welfare service providers. As a result, Matawa First Nations cannot create local and regional health programs, coordinate/integrate health services or direct resources to address crises or gaps that exist in their health care. The coordination and delivery of health and wellness services for Matawa must be addressed.



### The Solution:

To create a Matawa-owned health co-operative to provide and coordinate health and wellness services and programs at both community and regional levels that address gaps in health care delivery and crisis management.

### The Plan:

#### The Matawa Health Co-operative Initiative

is a comprehensive community-regional planning process to create the alternate health and social services delivery system Matawa communities need. The planning process includes work to:

- Define and create health and wellness services and programs needed by Matawa communities for short, medium & long term solutions to current health care gaps and wellness crises;
- Include Anishinabek culture into Matawa health and wellness services and programs;
- Define the governance and administrative structure of the co-operative to respect culture and each community's self-governance and program delivery; and,
- Transfer federally and provincial funding for health and wellness services to the new Matawa Health Co-operative.



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[rherbert@caid.ca](mailto:rherbert@caid.ca)



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The Power of Unity, The Dignity of Difference



## Did you know we had a charity for the Matawa First Nations?....

*If you didn't, visit us here to check it out or to donate. Meegwetch!*

gatheringofrivers.com

 **GATHERING OF RIVERS**  
FOR COMMUNITY CARE  
Matawa First Nations

[Home](#) [Ways To Donate](#) [Brochure](#)



**DONATE TODAY!** 

Donate to the Gathering of Rivers for Community Care today and ensure our Aboriginal young people have a choice to be anything we want to be.

**Gathering of Rivers for Community Care** is devoted to providing support to improve the life of Aboriginal peoples of Canada, specifically, the economically and socially disadvantaged children, youth and families in the Matawa First Nations Communities of **Aroland, Constance Lake, Eabametoong, Ginoogaming, Long Lake #58, Marten Falls, Neskantaga, Nibinamik and Webequie.**

Aboriginal youth is the fastest growing demographic in Canada and yet fifty percent of Aboriginal children under the age of six live in poverty. When you choose to make a donation to the Gathering of the Rivers for Community Care you are giving so much more than money. Your financial assistance will help provide young Aboriginal people with access to education, the chance to stay in school and graduate, and the opportunity to realize their full potential.





09/23/2012 10:41 am

Jason Rasevych Economic Development Advisor at Matawa First Nations Management is pictured with "my niece and nephews who inspire me to provide a better future for our youth"

Jason completed the Thunder Bay Marathon and raised \$300.00 for the Gathering of Rivers for Community Care. These dollars will go toward a Bursary to assist a Matawa youth go onto a Certificate Program, College or University after Grade 12. Said Jason "Next year I'm hoping to raise more, run the full marathon and pass the elderly couple that challenged me along the way".

**WITH YOUR SUPPORT WE CAN:**

- Create bursaries
- Advance the education of Matawa First Nations youth and families by establishing, maintaining and operating Learning Centres in each of its First Nations communities
- Help build healthy communities in which to work, live and raise a family by providing health and social support services, and basic amenities to Matawa First Nations youth and families in need
- Foster the economic, social and cultural development of families throughout the Matawa First Nations Communities

**“**Only through understanding, communication and relationship building can we gain respect around the world and have a voice.**”**

- David Paul Achneepineskum,  
CEO of Matawa First Nations



## Office Relocated in Thunder Bay



Marten Falls First Nation Thunder Bay satellite office has relocated to a much more spacious location in Thunder Bay. Staff can now stretch their legs, and also have office space to grow once things get rolling with the Ring of Fire. Centrally located in the South Ward - community members, government and other First Nations now have easy access to their Thunder Bay office, which will promote healthier and more successful work going forward (see pictures below).



*Marten Falls First Nation satellite office is at:*  
905 E. Victoria Avenue (side/rear entrance)  
Thunder Bay, Ontario  
Phone: (807) 475-5020

## Aroland Community Garden



If you're passing through Aroland First Nation this summer, check out the beautiful new community garden behind the school. The greenhouse already has potatoes, beans, peas, tomatoes and many other vegetables sprouting. Through the hard work of Roland Meshake, Romeo Meshake and Roland Towedo; the gardens look like they will be bursting with fresh food by the fall (see garden pictures at top right).



# 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](http://www.wawataynews.ca/radio)  
89.9 FM in Sioux Lookout  
106.7 FM in Timmins  
BellTV Channel 962

### UPCOMING SHOWS

Sept 6 and 20  
October 4 and 18  
November 15 and 19

# Neskantaga First Nation Meets on Broadband

Petition For Broadband Internet Access



**\*PETITION\***

**WE WANT BROADBAND!!!**

Petition For Broadband Internet Access

We, the members of Neskantaga First Nation, during December 2015, signed this petition to request that Neskantaga First Nation be connected to the internet. This petition is a formal request for a high-speed internet connection and is a formal request for a high-speed internet connection. We are requesting that Neskantaga First Nation be connected to the internet. We are requesting that Neskantaga First Nation be connected to the internet. We are requesting that Neskantaga First Nation be connected to the internet.

NAME

*Edward Moonias*  
*Dorothy Sakanee*  
*William Moonias*

ADDRESS - TOWN

*Neskantaga, BC*  
*Neskantaga, BC*  
*Neskantaga, BC*

Page 1 of petition containing 78 signatures

By Jason Rasevych, PMP, B. Admin., MCInst.M., RPM, TAED/PAED - Matawa Economic Development Program Manager/Advisor

On July 12-13 the local Broadband Working Group members for Neskantaga (Edward Moonias, Dorothy Sakanee) invited Matawa Economic Development to make a presentation to several different audiences and ways which included the elders, community members and local radio show.

The elders provided feedback into the broadband fibre project and discussed the advantages and disadvantages of having the fibre optic cable. They stated that ownership of the broadband network and any other infrastructure projects like transmission lines coming into the area would be a main goal along with making sure the community was aware of any environmental impacts.

Challenges that were identified included the lack of services on the current system with K-NET satellite as well as energy provided by the diesel generators. For transmission line planning to connect Neskantaga to the provincial grid, the elders all agreed that any transmission line should follow a potential road corridor, if the First Nation accepts a road.

Further information was requested on renewable energy generation options (wind, water, solar) for the next meeting scheduled in mid-August.

**2016**

**IT'S OUR TURN TO GET CONNECTED!**

**We want faster Internet!**

Neskantaga First Nation is working with the Matawa First Nations to prepare a plan to connect our First Nation to a high-speed internet network. We would like to hear your views and ideas on how you can help make this happen!

PLACE: Community Hall  
DATE: Tuesday, July 12, 2016  
TIME: 4:00 pm to 5:00 pm

Dinner and refreshments will be provided

For more info contact: Edward Moonias or Dorothy Sakanee at 807-479-2570 or Matawa First Nations, Jason Rasevych at 807-344-4575.



## Key Questions and Concerns

There were very good questions asked regarding the project regarding construction timelines and economic opportunities. The responses are summarized below.

**Q1. What would happen in a forest fire or other natural disaster to the fibre optic cable?**

The broadband working group is researching the threat of a forest fire on the fibre optic cable. The cable maker is in Germany and has stated there is no such thing as a fireproof fibre optic cable on the market. Most insurance policies do not cover natural disasters therefore it would be something that the owner/operator would have to fix. As most of the area for the proposed route is following winter road corridors or through water or muskeg there is a less chance of a fire ruining the cable. and resource office that have knowledge of fish spawning areas so we can avoid them.

**Q2. Where is the line going to be buried?**

\*Showing map surrounding Neskantaga\* - The fibre optic cable will be buried underneath the ground. This is how it was done to connect 21 First Nations in the NAN Bell Aliant project.





*Q3. Are there any impacts to fish?*

We have asked Four Rivers to look into any environmental impacts and our plan is to avoid cultural, sensitive, traditional values and sites. We are working with the local land use planning committee and others in

the land and resource office that have knowledge of fish spawning areas so we can avoid them.

*Q4. Is there any casing with the fibre optic cable or anything poisonous?*

The supplier has provided us with information that shows there is no release of any chemicals or anything in the ground from burying the cable. It is specially made in Germany for use in cold areas and tough terrains in Russia. Other areas that used cable like this includes Northwest Territories, Fort McMurray in Alberta, and the 21 other remote First Nations connected in Ontario's NAN Bell Aliant project.

*Q5. What type of environmental assessment will be used?*

A class EA with the federal government was used in the previous project and therefore would be used in this project. If our First Nations own the infrastructure (fibre-optic) network, there is more opportunity to make sure the EA and construction is done right that meets or exceeds our peoples standards.

*Q6. Will the First Nation be able to turn the community internet off at times of need, for example community crisis?*

If the First Nation owns the infrastructure then they can create a policy to turn the community internet off or on, depending on certain circumstances. This will need to be discussed with the community as you will have paying subscribers that may inquire on why their service is shut off or ask for a credit for those dates.

*Q7. When are we getting cellular service?*

K-NET is working with the First Nation to establish a cell tower by mid-late August to provide 3G cellular service in

the community. One of the main challenges this will create is how it will impact the current satellite internet as we are on low-speed, poor satellite systems. The Matawa Chiefs have asked Bob Rae, the Regional Framework Lead Negotiator, to look into this issue with the province.

*Q8. What will happen if someone hacks my computer?*

It is recommended that each user get the appropriate computer program to secure their computer from hackers. Anyone can try to hack a computer it can even happen right now on satellite internet, its up to each house or organization to make sure they are protected.

*Q9. Will there be any training opportunities?*

Yes, the next phase has the working group creating a proposal to get our people trained for the line cutting, cable splicing and installation of modems. We are trying to take advantage as of much of the project as possible. There will also be jobs in operating the network with field technicians.

*Q10. How much will this cost?*

Internet and telephone will cost between \$75-90 per month for both services.

*Q11. Will the internet be as fast as Thunder Bay?*

Yes, the service will be just as fast as the high-speed services that you can get in Thunder Bay. Faster speeds will allow community members to use video and watch movies or communicate better. It will allow organizations to transfer larger files (schools, health centres, band offices.)

*Q12. Will the community equipment be upgraded?*

Yes, the working group is proposing a fibre to the home, which will bring the cable to each house. This will bring faster speeds and would set a precedent as the only First Nations to have this type of set up.





*Q13. Can I keep my old phone?*

Yes, you can keep your old phone or service if you like to, or you can transfer your phone number over if you want to pay a lower rate.

*Q14. What do the communities get for owning?*

With owning you have more oversight in the construction to make sure its done right. You have a way to control where the cable goes, and to train and hire our own people to do the work. We would also benefit from funding that the telco would make if it was profitable.

*Q15. What can be done about bullying online?*

Cyber-bullying can be prevented with education and its up to our people to teach the young ones what to do and not to do online. There are ways that parents can minimize this issue or monitor it and block certain sites.

*Q16. When are we going to get broadband?*

The next steps for the project are to find a partner to help us operate the network, then if we order the cable in September we can start the line cutting this winter. If we follow this plan we can see our First Nations be connected in the spring/summer of 2017.

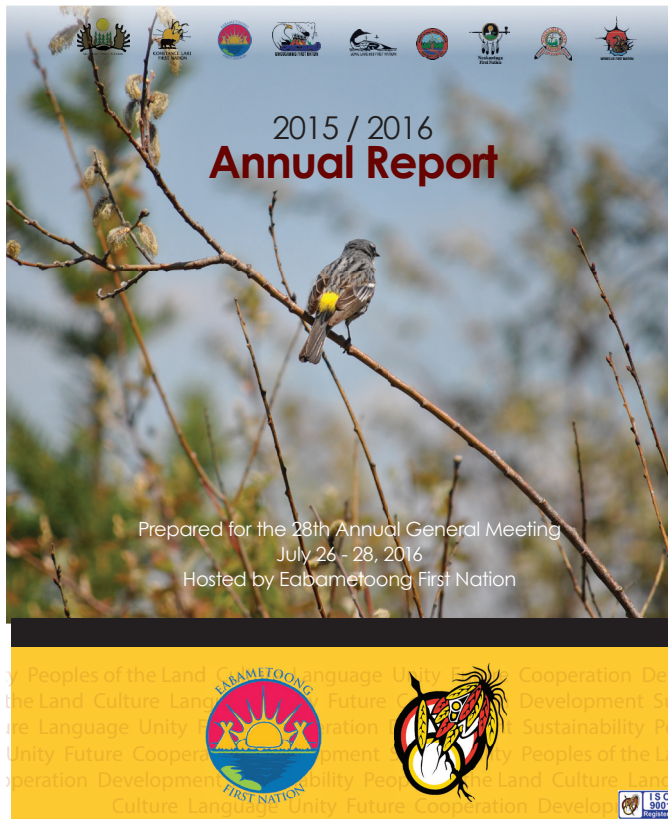
*Q17. Why is it taking long?*

The province of Ontario needs the federal government to match their funds. Right now our project involves over 800 kilometers of cable and will require around \$60 million to build. We need both levels of government to commit to the project in order to get going.

*Q18. What can we do to help?*

You can help by attending the information sessions and asking questions like we are doing here. We need to support the community's decision making protocol. We need to make sure we are all on the same page and know what the project is about. Another way you can help is signing the petition to show support.





Report available to download at: [www.matawa.on.ca](http://www.matawa.on.ca)

*Or, call us to ask for a copy!*

## AGM HIGHLIGHTS

On July 26 - 28, Chiefs and Elder/Women/Youth delegations from the 9 Matawa First Nations came together in Eabametoong First Nation. They met to make decisions on corporate business and held a Board of Directors (BOD) meeting which included an election of Officers on July 26. They also held a Chiefs Council meeting on July 27 - 28. Highlights included:

- Darius Ferris (Constance Lake) re-elected BOD President, Frank Onabigon (Long Lake #58) re-elected Vice President and Charlie Okees (Eabametoong) newly elected BOD Secretary/Treasurer
- Presentation by and discussion with Hon. Michael Gravelle, Ontario Ministry of Northern Development and Mines
- Acknowledgement and Award Ceremonies for Eabametoong Youth Gordon Slipperjack's 'Spiritual Journey for the Innocent Walk' in March 2016 and Fort Hope Junior Canadian Rangers Top Patrol in Ontario Award (received in June 2016)
- Award Ceremony for Louis Waswa Memorial Youth Ambassador Awards

Annual Report available online at: [www.matawa.on.ca](http://www.matawa.on.ca)  
under 'Download Reports. **Meegwetch to everyone in  
Eabametoong for their gracious hospitality!**

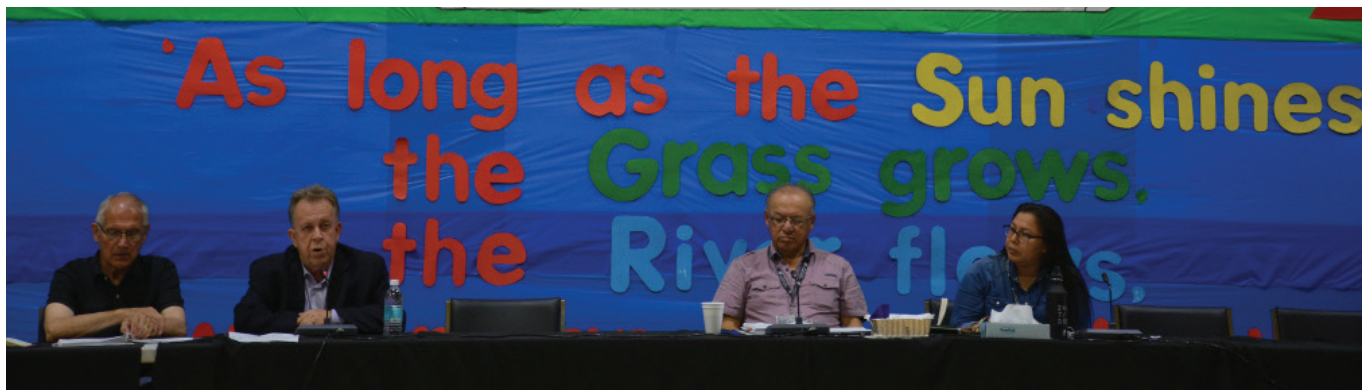




Recipients receiving the 2016 Louis Waswa Memorial Award who were recognized as **Youth Ambassadors** were:

**Steve Achneepineskum**, Marten Falls First Nation  
**Abigail Mattinas**, Constance Lake First Nation

Pictured at the top right is Mary Waswa (late Louis' wife) and Parker Waswa (late Louis' grandson) presenting to Marten Falls Chief Bruce Achneepineskum (accepting for Steve) and Rebecca Mattinas (accepting for Abigail). Congratulations!



## Matawa First Nations Management Welcomes New Staff

### Health and Social Meno Biimadeswin

#### Regional Crisis Intervention Coordinator, Tricia Atlookan



Hello, my name is Tricia Atlookan. I have joined Matawa as the new Regional Crisis Intervention Coordinator. I am both honoured and excited for this opportunity; it is a privilege for me to work with First Nation communities near and dear to my heart. I was born and raised in Eabametoong First Nation, a community I am proud to call home. I've lived in Thunder Bay for the last 21 years; I am the proud mother of two sons (not in photo). By profession I am a Registered Early Childhood Educator, Most recent employment was with NAN as the Early Years Coordinator, which has given me the skills necessary to serve and support Matawa Communities.

### Regional Framework Department

#### Information Support Officer, Holly Pyhtila



Holly has been with Matawa for the last couple years doing notes for the Chiefs' Council and Framework meetings, so a lot of people have seen her face around. She has now been hired full time by the RF department to help with information flow, reporting and communications.

She was a reporter, manager and technical producer with the CBC in Thunder Bay and Vancouver for a long time, so those research and reporting skills will help with understanding of the negotiations process. Holly has experience rolling out big projects in remote areas as well; has solid knowledge and research skills in science and health (BA, BSc, MPH); is a published writer and member of Mensa Canada. She looks forward to being part of a process that will affect her children and grandchildren.

### Regional Framework Department

#### Finance Officer, Brook Mainville



I am Brook Mainville and am happy to be working as the Finance Officer for the Regional Framework Department at Matawa. I am family man with 2 beautiful children (Miigwan and Tristan) and am happily married to Chantelle Johnson. I am originally from Couchiching First Nation and Manitou Rapids First Nation. Professionally, I have 15 years finance and program coordination experience with various aboriginal organizations within Nishnawbe Aski Nation. I look forward to working with the First Nations in Matawa, helping to develop and strengthen the administrative skills in the communities.

## Living with Us... Manoomin (Northern Wild Rice)



Manoomin is an annual plant (meaning it grows from seed every year) with thick, spongy, hollow stems. It looks a lot like a grass plant growing in the water (with flat, long, smooth and sharply pointed leaves), with clusters of pink and yellow flowers at the tips. The seeds turn black when ripe, and are about 1 to 2 cm long. When the rice is ready to harvest, the hulls open up easily, dropping the seeds into the water (or your boat!). Manoomin can be roasted or boiled and eaten as a healthy dish, as our people have done since time immemorial. Look for wild rice growing in the slow-moving waters around your community this summer!

**Did You Know...** Manoomin was a very important staple food for First Nations people across North America. They are very sensitive to disturbance by development (for example if water levels are increased by water control dams, or if there is a lot of boat traffic), since they can be easily uprooted when they are young. If your community has a water body that no longer grows manoomin and you would like to work on a restoration project, please give Four Rivers a call. Also, watch for the Four Rivers team in your community, delivering 'Youth on the Land' programming surrounding traditional foods (including manoomin) and other topics of interest to your community! [www.fourriversmatawa.ca](http://www.fourriversmatawa.ca)



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