

Up North on Climate Change

April 24 - 26, 2018 at the Victoria Inn and Conference Centre

Northern First Nation Community Delegates, including many from the Matawa member First Nations, joined together with science, academic and environmental organizations, and government delegates from across Ontario, to discuss climate change. This conference, called the Up North On Climate Conference, was hosted in Thunder Bay, Ontario from April 24-26, 2018, lead by Laurentian University.

Speakers, panels, and workshops aimed to increase awareness and knowledge on topics such as: What Elders say has happened to the land and the weather in their lifetime; What science says our children and grandchildren are likely to experience; Impacts of climate change on people, buildings and the land (peat, forests, lakes, rivers, fish, animals and birds); Adapting to flooding, wildfire, severe storms, shorter winter road seasons, and invading species; Food security and food production; and Engaging young people in understanding climate.

One of the conference highlights included the Community-Based Monitoring (CBM) workshop, hosted by the Wildlife Conservation Society of Canada (WCS). Cheryl Chetkiewicz, a Conservation Scientist with WCS, lead delegates through a workshop about the opportunities that CBM offers communities, through monitoring practices based on traditional knowledge (TK) as well as science.

This workshop showcased the fundamentals of CBM monitoring such as determining the questions the monitoring program must answer, developing relevant TK indicators, consistent data collection and information entry, analysis and reporting.

On Wednesday April 25th, delegates welcome Ovide Mercredi to the podium to give the gala dinner address. The final day's agenda included a youth panel, which allowed the group to hear the perspectives and reflections from the next generation of leaders!



Matawa Business Support Program Entrepreneur Workshop



Greetings everyone!

Our Empowering our Entrepreneurs event was held on Thursday May 17th, at the Airline Hotel. It was such a great turn out. We would like to thank everyone who joined us that day. The event was filled with workshops such as; Introduction to the Business Plan, Financial literacy, The Four "P's" of Marketing activity and organization presentations from Rise Asset Development, CSO and Thunder Bay Community Economic Development Centre (see photos directly below). We are now turning our attention to heading north again for our community visits. Please look out for posters as we will be coming to a community hall near you! Look for us on Facebook "Matawa Business Support Program" - Your Ideas = Your Success!





UPDATES



Booshoo! Ahniin! Wachiya!

There has been some shifting around at KKETS due to a new program being implemented – the **SkillsAdvance Ontario Project**. The project is currently in the planning stages; more information will follow over the next few months on application intakes so be on the lookout for this. We are excited to get this project underway. This is a new initiative with a new target market that we are sure many of the Matawa membership will be keen to pursue. Leading this program is Andy Nieweglowski, SAO Project Coordinator, and Elaine Keesick, SAO Program Manager. They were both formerly Employment Integration Services. That said, the new **Employment Integration Services Coordinator** is Colin Shawinimash. He began in his new role on May 7th, 2018.

Additionally, we will be attending an exciting event in Montreal, PQ from June 9th – 13th at the National Apprenticeship Conference where we will be presenting on current apprenticeship initiatives that we've been working on to-date. We will be speaking on the 2 Year Native Residential Construction Worker Program that is currently being implemented in the Neskantaga Housing Program, the 1 Year 3 Level General Carpentry Apprenticeship Program in Constance Lake, and the now completed Apprenticeship Program in Eabametoong First Nation. Also attending is co-presenter Courtney Ward, KKETS Apprenticeship Officer; Jason Bilcowski, KKETS Recruitment Officer, Roger Wesley, KKETS Executive Director, and Rebecca Mattinas, KKETS Executive Assistant. Pics to follow!

And last but not least, we have moved to the 2nd floor. Come visit us in Thunder Bay at 28 Cumberland Street North and see what we are up to!

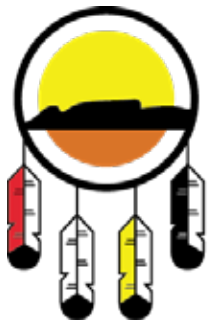
**TUNE IN EVERY 2ND TUESDAY
FROM 4:00 - 4:30 EST
(3:00 - 3:30 CST)**

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

UPCOMING SHOWS

June 5 and 19
July 3 and 17
September 11 and 25
October 9 and 23





Northwestern Ontario Aboriginal Youth Achievement and Recognition Awards

Matawa Community Members Awarded

The Northwestern Ontario Aboriginal Youth Achievement and Recognition Awards (AYARA) is always a special time. Beginning in 1987 (formerly known as the Niigaantige Career Fair), it was established to address the high attrition rates among Aboriginal students studying at the secondary and post secondary levels. AYARA is committed to ensuring that Aboriginal youth look forward to new and innovative ways of learning about and planning for their future. AYARA is able to celebrate youth at these awards only because of the generous sponsorship from companies and organizations who also believe that our youth are leaders of today and tomorrow. At 2018 AYARA this year, which took place on May 2, the following community members from the Matawa First Nations were awarded. Congratulations to all!

Community Leadership & Volunteerism

Individuals who have demonstrated outstanding community leadership and/or involvement in a volunteer capacity.

Tyler Shewaybick, Webequie First Nation

Artistic

Individuals who have achieved artistic distinction in any artistic expression such as visual, written word or performance.

Regan Ferris, Constance Lake First Nation

Jada Ferris, Constance Lake First Nation

Athletic

Individuals who have achieved excellence in an individual or team athletic activity.

Harlan Kahgee, Ginoogaming First Nation

Heritage Keeper

Individuals who have shown dedication to the preservation and understanding of the Anishinabe Culture.

Renee Lavoie, Marten Falls First Nation

Advocacy & Activism

Individuals who have demonstrated commitment to activism and advocacy in student organizations, community action groups, advocacy campaigns and/or nonprofit organizations.

Brendon Moonias, Eabametoong First Nation

Ryann (Beth) OKeese, Eabametoong First Nation

Peer Mentorship

Individuals recognized for their commitment to providing guidance and support to youth.

Ricky Atlookan, Eabametoong First Nation

Leslie Spence, Webequie First Nation

Dylan Neshinapaise, Nibinamik First Nation

Community Leadership & Volunteerism

Individuals who have demonstrated outstanding community leadership and/or involvement in a volunteer capacity.

Destiny Edwards, Fort Albany First Nation/Matawa Learning Centre

EAGLE SPONSORS

Bell Canada
Lakehead Public Schools
Thunder Bay Catholic District School Board
City of Thunder Bay Aboriginal Liaison
Matawa First Nations Management
Lakehead University Aboriginal Initiatives
Union Gas
United Way Thunder Bay
Thunder Bay Police Services Board

BEAR SPONSORS

Best Western Plus
Nor'Wester Hotel & Conference Centre

WOLF SPONSORS

Dennis Franklin Cromarty High School
Matawa Learning Centre

Matawa Learning Centre Receive a Visit from an Astronaut

By: Jackie Corbett, Senior Vice Principal, MLC

On Tuesday, May 8th, 2018 the students and staff of the Matawa Learning Centre were treated to an out of this world presentation by Jeremy Hansen, Astronaut with the Canadian Space Agency. Jeremy shared information about his astronaut training, combined with interesting details about space and the research people put into the space program. Of particular interest was a video Jeremy showed that depicted a take-off of a test rocket. The incredible part of the take-off was the ability of the booster rockets safely returning to base instead of ending up in the ocean!



Overall, Jeremy left us with a strong message that a career in the space program is attainable and he encouraged our students to reach for the stars. He also thanked our students and staff for the teachings Indigenous people have regarding respect for the land and acknowledged that he can learn from our Indigenous ways of doing. It was an absolutely stellar experience and we look forward to Jeremy's future space travel!



MLC Students Cooking with the Elders



Over the course of four weeks in April and May, MLC students travelled to Roots to Harvest to complete a unit titled "Cooking with the Elders." The class planned, went grocery shopping, and prepared four meals for the school. Each week they selected a different traditional food and along with learning how to cook and prepare. They also had the opportunity to learn a variety of cooking and baking skills and techniques. We prepared ducks, walleye, geese and moose during our four cooking classes. It was an incredible experience watching the MLC Elders share their knowledge and skills with the youth. We are excited to continue working on these essential skills with MLC students building both Cultural and Food Literacy.

Matawa Learning Centre Licensed as a Hockey Skills Academy

By: Dallas Watson, MLC Teacher and HSA Instructor

Some exciting news at the Matawa Learning Centre! We are proud to announce that we have received final approval for licensing as a Hockey Canada Skills Academy. The school has recently implemented a credit in individual player development with a focus on hockey skills and students have been participating in weekly ice sessions working on skills in skating, passing, and shooting.



As a licensed Hockey Canada Skills Academy, the program will follow national guidelines for individual player development. This is a non-competitive program, however, the skills developed throughout the credit can only serve to further develop any students that also play competitively. Students will practice skills on and off the ice in hockey, lacrosse and floorball.

All required equipment has been purchased and will be provided to any students wanting to use it. There is no additional cost to the student to participate in the credit, however spaces will be limited.

Matawa Learning Centre School Blessing

By: Jackie Corbett, MLC Senior Vice Principal

On Monday, May 14, the Matawa Education and Care Centre celebrated the new school location at 200 Lillie Street, in Thunder Bay, with a school blessing ceremony. A Christian blessing was offered by Pastor Sarah Waboose, while Elder Sam Achneepineskum, offered traditional teachings to bless the school. Both Sarah and Sam shared messages of faith, hope, safety and care, thanking everyone for the continued support of students and communities. The Matawa Learning Centre school drum performed an honour song to bless the school. Sharon Nate, Education Department Manager and Brad Battiston, Principal of the MLC, shared words of support and thanks for the continued growth and development of the learning centre. Following the blessing, students and staff enjoyed a BBQ, the wonderful weather and the overall feeling of good things to come, as we embark on the upcoming journey into our new school site. A fantastic day of celebration!





2018

LOUIS WASWA

Memorial Award

YOUTH AMBASSADOR OF COMMUNITY WELLNESS

This award is open to youth between the ages of 12 - 25 from each Matawa community. 9 awards to be presented at the Matawa Annual General Meeting taking place in Nibinamik First Nation from July 31 - August 2, 2018.

The award is provided by Anna Betty Achneepineskum with the support of the late Louis Waswa's family.

Award applications require a 200-word essay on what community wellness means to them along with nominator information.

DEADLINE: Friday, July 6, 2018

For award applications or more information contact: Anna Betty Achneepineskum at annachnee@tbaytel.net or Matawa Communications at (807) 344-4575.

Nominations Now Open for 2018 Louis Waswa Memorial Award

Each year, the **Louis Waswa Youth Ambassador of Community Wellness Awards** are presented to recognize 1 youth in each Matawa community (yes, that means that 9 awards will be presented). Since the award's existence, 9 recipients have been awarded.

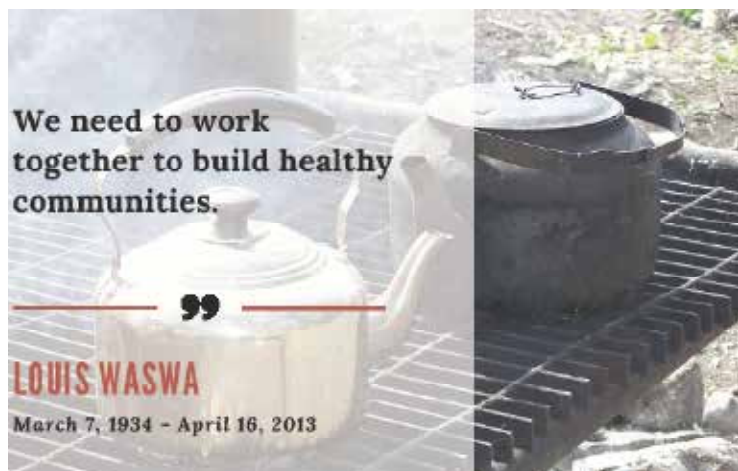
We are encouraging Matawa people to send in their nominations to recognize youth who have done things in their community to promote community wellness whether that be helping to organize a fish-derby, a goose hunt, or other event, being a volunteer at the school, creating fine art portraying wellness, organizing sporting and/or youth events, being a leader for other youth, or anything else that shows this young person values community wellness.

In order to receive an award, award candidates must be nominated. They can be nominated by *anyone* in their community. Some information that is needed in the application is:

- Nominee info: Name, DOB, contact information, band membership
- Nominator info: Name, DOB, contact information, band membership
- 200-word essay about what community wellness means and/or what the youth has done to promote it

Applications are available for download at: <https://bit.ly/2KC3PqG> or by contacting Matawa Communications.

We know there are many active youth in our communities doing great things to promote community wellness. Let's take the time to recognize them!



Message from Anna Betty Achneepineskum, Award Founder

Our late Elder Louis resided and was a member of Eabametoong First Nation. He and his beautiful wife Mary spent 55 years together. They were blessed with 8 children, 20 grandchildren and 29 great grandchildren.

Aside from working at various jobs in mining and tourism camps, Louis was also a Chief in his community for 12 years. He took on many various jobs to support and take care of his family and many times other community members that he and Mary took in to provide their care and nurturing for.

Louis was the main influence in establishing the 'NAN Day of Prayer' which was a direct result of addressing the high rates of youth suicides in our communities. This later evolved into the 'Embrace Life' event.

Louis was the direct spiritual advisor and Elder representative for Nishnawbe-Aski Nation. He also sat as Elder representative for Nishnawbe-Aski Legal Services and the Northern Ontario School of Medicine.

He was a man of strong values and beliefs. For any of you that receive and participate in this award process, I ask that you remember a man that had great compassion for young people and carry on his words that "we need to work together to build healthy communities."

NOMINATE NOW!

Donation Drive a Success after Community House Fire

On the weekend of April 27, the Oskineegish family in Nibinamik First Nation experienced a house fire. Shortly after, the Matawa Health & Social Meno Biimadeswin department began a donation drive for clothing and household items to support this family who lost everything.

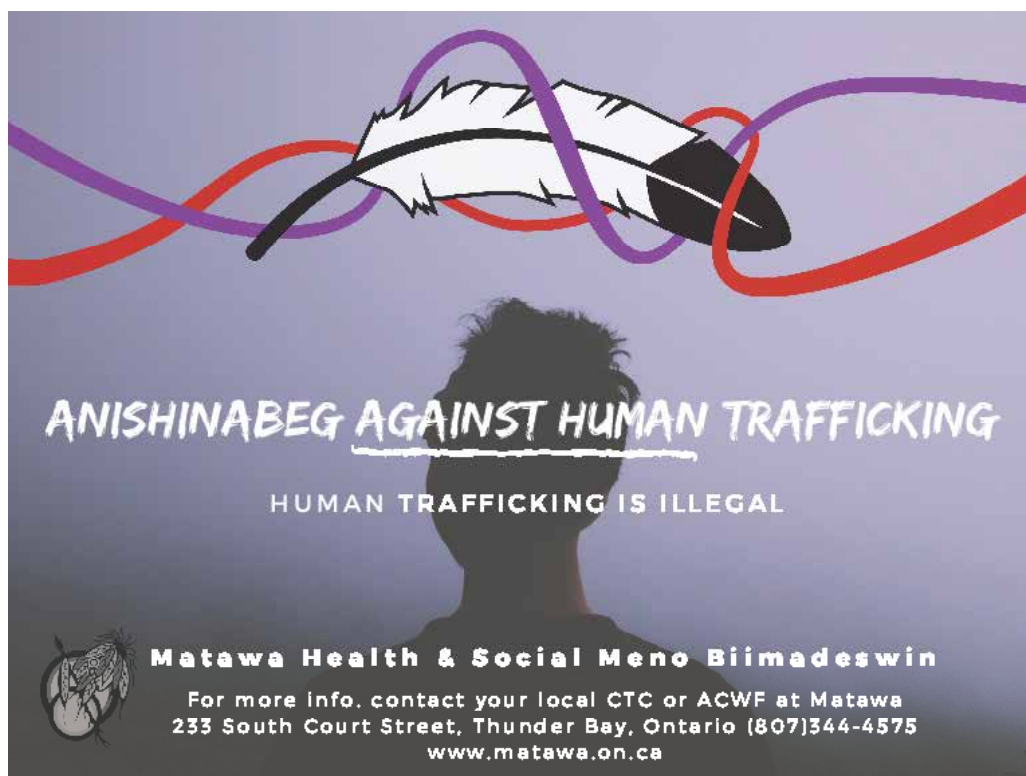
The drive resulted in donations of some of these items and close to \$900 in total. Funds came in from the NAN Remote First Nations Social Emergencies Focus Group who were meeting in Thunder Bay on May 1 and 2 and Matawa staff. After a challenge was issued for Matawa staff to meet their donation, there were able to exceed what the Focus Group generously provided.

Meegwetch to everyone who donated and to Ila Beaver, Matawa Mental Health Wellness Team Project Facilitator who coordinated the donation drive.



Community Members Receive Car Seat Training

Car seat Educators: Sandy Wabasse (Webequie); Rosalie Wabasse (Webequie); Irene Boyce (Eabametoong); Tricia Atlookan (Matawa Approaches to Community Wellbeing Facilitator); Krystal Moonias (Neskantaga); and Cindy Suganaqueb participated in Car Seat training with St. John's Ambulance on March 15-16, 2018 all receiving their certificates to install car seats and educate their communities. The Approaches to Community Wellbeing program looks forward to working with the communities to ensure the safety of our children.



Marten Falls' Special Chiefs' Meeting & Youth Gathering

Marten Falls hosted a Special Chiefs' Meeting in their community from April 3-6, 2018. A three-day large Youth Gathering also took place in conjunction with the Special Chiefs' Meeting. Both events were well attended with over 100 people recorded daily. Chiefs and proxies from all nine Matawa First Nations' communities were in attendance along with various community members. Community delegations included Counsellors, Elders, Regional Framework Coordinators, Matawa Jurisdiction Working Group Members, Community Communication Liaison Officers, Economic Development Officers, Youth and more. The theme of the Special Chiefs' Meeting was "Community, Land & Unity". Some of the Special Chiefs' Meeting and Youth Gathering highlights were moose tanning teachings, bannock & tea making in the teepees, releasing the "hopes & dreams" lanterns and a special tribute to Chief Eli Moonias. Meegwetch Marten Falls First Nation for all the hospitality and memories!



What is Summer Learning Loss

Summer learning loss is the loss of academic skills and knowledge over the course of summer vacation.



DID YOU KNOW?

- Interacting in learning games for 15-20 minutes a day prevents summer learning loss.
- 2 months of subject focused work is all it takes to improve grade levels.
- The first 6 weeks of school are typically spent relearning old materials to make up for summer learning loss.
- Learning loss can be recognized as early as grade 1.
- Summer learning loss can result in an average of a 2-year gap behind peers by end of grade 6.

PREVENTING LEARNING LOSS - The biggest way to prevent learning loss during summer break is to continue learning!

- Read at least 15-20 minutes a day, books should match the students reading level!
- Five Finger Rule – Have your child read 100 words and every word they don't know, have them raise a finger. If they raise 5 fingers, the book is too hard.
- Children need direction to pick the correct leveled books. However, it is important to give them ownership over the selection of books.
- Selecting their own books motivates children to read, sparking interest, meaning self-efficacy.
- It's important to model the love of learning during bedtime stories or even reading the newspaper, magazines, online print, etc.
- Bedtime stories or read-aloud (when parent/guardian reads to the child) should be above the child's own reading level to help introduce new vocabulary, to help explore new ideas, and new words.
- Don't stop at picture books. Read magazines, newspapers, and online texts too.
- Teaching comprehension is important:
 - Re-read favourite books.
 - Ask questions about pictures and text.
 - Role play favourite parts.

Kiikenogmaga Kikenjigewen Employment & Training Information

Nishnawbe Education and Training Prospective Program Dates: 2018-2020

Tier 1 Programs:							
# of Intakes	Program Name:	Participants per session	Duration	Training Delivery Agents	Intake 1 Start Dates:	Intake 2 Start Dates:	Intake 3 Start Dates:
2	Resource Sector Mining Readiness	12	12 weeks	Confederation College	March 05, 2018	January 2019	N/A
3	Mining Common Core	10	5 weeks	MORCAT	March 05, 2018	March 2019	March 2020
Tier 2 Programs:							
2	Basic Line Cutting	12	5 weeks	Confederation College	October 2018	TBD	N/A
2	Remote Camp Cook	12	16 weeks *	Confederation College	May 22, 2018	May 2019	N/A
2	Kitchen Helper	12	7 weeks	Confederation College	November 2018	November 2019	N/A
3	Remote Camp Support	12	6 weeks	Confederation College	TBD	TBD	TBD
2	Surface Diamond Driller Helper	10	5 weeks	Confederation College	August 2019	TBD	N/A
Tier 3 Programs:							
3	Heavy Equipment Operator	10	12 weeks	Taranis Training	March 2018	March 2019	March 2020
2	Construction Craft Worker	10	7 weeks	LIUNA Local 607	January 2019	January 2020	N/A
2	Pre-Trades Carpentry	10	12 weeks *	Confederation College	September 2018	August 2019	N/A
2	Pre-Trades Welder	10	12 weeks *	Confederation College	June 04, 2018	June 2019	N/A
2	Pre-Trades Heavy Duty Equipment Mechanic	10	12 weeks *	Confederation College	June 04, 2018	June 2019	N/A

Dates as of April 17, 2018 – Subject to change

Color Legend: Completed - On-going - To Be Determined - Not Applicable

Matawa Health Co-operative Engage with Matawa First Nations



Pictured above: Matawa Health Directors witness the signing of first Matawa Health Co-operative funding agreement on March 28, 2018

In July 2017, Frances Wesley was hired as the Matawa Health Co-operative Planner to finalize the development of the Cooperative, the first of its kind in Canada. The Co-operative will address the deficiencies and funding gaps in health and wellness services and programs within Matawa communities. The goal is to develop an alternative health and wellness service delivery system for its 9 First Nation communities.

Funding was sought and approved by the Ministry of Health and Long-Term Care to begin community engagement sessions to identify priority areas to assist the Co-operative in developing a business and implementation plan. As a community driven plan, input on the gaps and challenges in accessing health services in the Matawa communities will be sought to obtain feedback.

In April, the Matawa Health Co-operative met with the Health Directors of each community. Community engagement sessions started in May in Eabametoong and Webequie First Nations which included radio talk shows. Both community sessions were well attended by Elders, youth and community members. Once completed, the business and implementation plan will be presented to the Matawa Chiefs for approval and submitted to the Ministry of Health and Long-Term Care.

Quality Management System Update

Matawa First Nations Management recently prepared for and was successful in obtaining a Certificate of Registration from SAI Global which certifies that we are compliant with the requirements of ISO 9001:2015. Matawa was previously registered under ISO 9001:2008, this standard will be phased out in September 2018 and replaced by the new one.

ISO 9001 is an International Standard that specifies requirements for a Quality Management System. Organizations use the standard to demonstrate their ability to consistently provide products or services that meet customer and regulatory requirements.

Matawa First Nations Management earned its first Certificate of Registration in December 2012. Matawa has committed to and achieved successful registration ever since.

Matawa's Quality Policy is a promise to provide the highest quality of services to our communities and their members. It is also a promise to continually find ways to improve the services we provide.

Feedback from the Matawa communities is an essential tool that we use to determine how we are doing as an organization. Through surveys, comments, compliments, complaints, focus groups and meetings, we are able to gather useful information to help us decide goals and objectives for the programs offered at Matawa.



JOIN OUR MENTAL WELLNESS TEAM

Matawa Health & Social Meno Biimadeswin



Mental wellness is chii meno biimadesyung. A healthy mind brings balance in a person's mind, physical health, spirituality and emotions. A healthy mind means a healthy lifestyle and facing life with a sense of control.

INDIGENOUS MENTAL HEALTH COUNSELLORS

- short-term contracts for on-call direct service
- to provide expertise input into the development of crisis response plans, protocols and case management systems in Matawa First Nations
- to be part of the Mental Wellness Team

CLINICAL CASE MANAGERS

- short-term contracts for on-call direct service
- to work with First Nations to ensure appropriate, well coordinated crisis response plans and case management systems are in place
- to provide technical and clinical expertise for First Nations to design, establish and/or implement community-based crisis response plan and case management system
- to be part of the Mental Wellness Team

OTHER CONTRACTS

- short-term contracts for on-call specialists as identified by First Nations including: case managers, psychometrists, child/youth specialists, psychiatrists, psychologists, Elders, Traditional Medicine Specialists, etc.

For more information, contact:

Ila Beaver, Mental Wellness Project Facilitator Coordinator
Matawa First Nations Management
233 Court Street South, 2nd Floor
Thunder Bay, ON Canada P7B 2X9

Tel: (807) 344-4575 Ext. 3662 Cell: (807) 631-1956

Toll free: 1-800-463-2249 Fax (807) 344-2977

Email: ibeaver@matawa.on.ca

www.matawa.on.ca



Matawa First Nations Management Welcomes New Staff

Matawa Health & Social Meno Biimadeswin

Regional Victim Services Coordinator, Simon Magiskan



I am Simon Magiskan. I am from Aroland First Nation. I have resided in Thunder Bay since I was in a young man. I have a family in Thunder Bay and am a grandfather. I have spent my years in corrections for youth and addiction services for the city of Thunder Bay. I am looking forward to connecting with my home community and being a good resource for Matawa communities whom we provide support to. Thank you.

Matawa Health & Social Meno Biimadeswin

Administrative Assistant, Leanne Whitehead



My name is Leanne Whitehead from Eabametoong First Nation. I was recently hired to work for the Health Department, Meno Biimadeswin at Matawa First Nations as the Administrative Assistant. I enjoy taking on new challenges and look forward to gaining more skills while I am here. I have worked in different capacities within my community,

more recently with Ontario Works for last 9 years. As I step into this new role as an Administrative Assistant, I am excited to work with staff and make new connections with members from other communities. Each new path we take is an opportunity to learn more, and I will do the best I can to assist those around me. Thank you. Wishing you all the best.

Matawa Health & Social Biimadeswin

Regional Crisis Intervention Coordinator, Nicole Jacob



Hello and Booshoo! My name is Nicole Jacob, I'm a member of Webequie First Nation. I just recently started working as a Regional Crisis Intervention Coordinator for Matawa. I am very excited with the new role. My past working experience is related to social work for the last 20 years. It has given me the skills and knowledge with the work I will be doing. My passion includes fishing and travelling to different cities and site seeing. I am looking forward working with the staff and visiting

your communities. Meegwetch!

Matawa Health & Social Meno Biimadeswin

Mental Wellness Teams Facilitator Coordinator, Ila Beaver



I am Ila Beaver from Nibinamik First Nation. I have resided in Thunder Bay off and on. I started my position as MWT's Facilitator Coordinator in December 2017. I look forward to working with Matawa Communities and also the Matawa staff. I have graduated from Honours Bachelor of Education and continuing my education goals as Guidance Counsellor to

relate to my job.

KKETS

File and Data Clerk, Caitlyn Jane Baxter



Booshoo! Hello, my name is Caitlyn Jane Baxter. I was recently hired as the NEAT File and Data Clerk at Kiikenomaga Kikenjigewen Employment & Training Services. I am a community member of Eabametoong First Nation. I was born and raised in Thunder Bay, ON. I graduated from the Confederation College in 2017 and successfully completed the Office

Administration program. I am eager to learn and broaden my experience in this field. It is very rewarding to see members of the Matawa communities pursue their education and training. I am looking forward to the future and embarking on this new journey with KKETS. Thank you! Miigwetch.

Matawa Education

Mental Health Lead, Mary Ann Nawagesic



Boozhoo, my name is Mary Ann Nawagesic. I am from Kiashke Zaaging First Nation-Gull Bay. I am honoured to carry the Mental Health Lead for Matawa communities. I look forward to working for Matawa and their communities in providing Mental Health. I attended Confederation College and received a diploma for Native Child and Family Worker in 1984. I went

back to school in 2010 to Laurentian University and received my Bachelors in Native Human Services. I continued my education and received my Native Social Work Masters Degree from Wilfred Laurier University in 2014. I believe and support Matawa's educational initiatives in providing a safe learning experience for our Aboriginal youth. Meegwetch.

Four Rivers

Geomatics Technician/Information Systems Facilitator, Brian Randall



Hello, my name is Brian Randall and I am excited to be working as the new Geomatics Technician/ Information Systems Facilitator in the Four Rivers Group of MFNM. I graduated from Lakehead University in 2005 with a degree in Geography and achieved my post graduate education as a Geographic Information Systems Applications Specialist from Sir

Sanford Fleming College. I have spent the last 12 years working in local and regional government in and around the GTA and am happy to have finally moved back to Thunder Bay with my wife and 2 small children. Aside from my career in mapping my wife and I love to practice small scale farming and gardening and sharing our products with our community. We love to take our family canoeing and camping and to spend as much time outside as possible. I can't wait to meet and work with all of you!

Matawa First Nations Management Welcomes New Staff Cont'd

Matawa Education

Transition Coordinator, Shannon Linklater-Semple



Hello! My name is Shannon Linklater-Semple. I began as the Transition Coordinator for the Matawa Learning Centre in March. I am from Sandy Lake First Nation. I came to Thunder Bay when I was fifteen years old to complete my High School education. I graduated from DFC, and then went on to College, and later, Lakehead University where I completed my Honors Bachelor of Education in Aboriginal Education. When I'm not at work you can find me in a hockey rink, at the dance studio or baseball field with one of my five very busy children. I have been enjoying my time here so far, working on some exciting projects for current and future students. I look forward to working with everyone and being a part of the team as we move forward into the next steps of the Learning Centre.

Four Rivers

Geomatics Intern, Camilla Rewucki



Hello! My name is Camilla Rewucki. I have recently been hired as a Geomatics Intern with four Rivers. I am a recent graduate from Lakehead University, having acquired my Bachelor of Science in Forestry. I am currently working towards becoming a Registered Professional Forester (RPF) and a Geographic Information Systems Professional (GISP). Being from southern Ontario, I moved to northern Ontario originally for school, but through several jobs and opportunities I fell in love with the area, especially around Thunder Bay. With hobbies like hiking, camping, and outdoor adventuring, I couldn't think of a better place to be! I look forward to the opportunities here and acquiring all the knowledge and expertise the staff has to offer. Thank you

Living with Us... Labrador Tea - Kahkiigahbug



Labrador Tea is a low evergreen shrub that can grow between 50cm to 1.5 meters tall. Leaves on the plant are about 6cm long and alternate around the stem. The leaves have a rusty-brown coloured underside with a leathery green top. The Labrador Tea plant produces pretty, white flowers through June to August. The aromatic flower petals form an umbrella like cluster at the tips of branches. This plant likes to grow in cold bogs and coniferous forests, you'll be sure to see it around your community this summer!

Four Rivers has been working on revamping our website, www.fourrivers.group, so we can share fun facts like these in our blog online! We have previous Living with Us articles uploaded to the site, so you can look back at your favourites. Sip a cup of tea while you browse our new site! We are always looking for feedback on how we can improve, so be sure to let us know if there is something you want to see on our website.

Sources:

Edible & Medicinal Plants of Canada, MacKinnon, Kershaw, Arnason, Owen, Karst, Hamersley Chambers (Lone Pine)



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

