

Advisory Services

CHIEFS COUNCIL

Coordinating the Matawa Chiefs Council made up of Matawa First Nations Chiefs to work together on common issues and provide direction and/or broad decision making to the Matawa Chief Executive Officer and Matawa Board of Directors. Providing logistical, technical, policy and political advice to the Matawa First Nations individually and collectively. Liaising with external organizations to provide support and lobbying for identified Matawa priorities. Providing support to Program Managers within Matawa First Nation Management.

COMMUNICATIONS

Providing communications and advisory support to Matawa First Nations, Matawa Chiefs Council, Matawa First Nations Management departments, services and corporations. Providing media monitoring and support, informational materials and promotion, branding implementation and visual identity, social media updates and monitoring, radio broadcasting, recording, PA systems and translation.

ECONOMIC DEVELOPMENT

Developing, promoting and supporting a diverse private sector and entrepreneurial culture within the Matawa First Nations. Coordinating a Matawa Economic Development Committee along with other Working Groups required to move projects forward. Fostering economic growth and success through economic and business development. Assisting Matawa First Nations develop infrastructure, businesses and human capital to grow local economies. Providing project incubation, project management, business management, general management for regional initiatives in various sectors including mining, forestry, tourism and energy. Working with First Nations community development corporations to build capacity and develop projects and business opportunities to become self-sufficient.

EDUCATION

Providing support and advisory services to community schools in Matawa First Nations and local Education Authorities. Liaising with Indigenous organizations, governments and education institutions at all levels. Continuing capacity to develop second level services to schools in Matawa, including providing IT support. Administering a post-secondary program for five Matawa First Nations. Liaising with the Matawa Education Authority in operating an alternative secondary school and student accommodation centre in the city of Thunder Bay for Matawa First Nations students.

FINANCIAL ADVISORY

Helping enhance member First Nations' management, administration and quality of life by delivering governance, management and financial advisory services. Coordinating a Matawa First Nations Band Managers Committee. Working with First Nations Band Managers, Finance and/or other community-based Program Managers, along with various administrative staff, to address financial and personnel management and capacity development.

FOUR RIVERS ENVIRONMENTAL SERVICES

Delivering leading-edge environmental and capacity building programming to Matawa First Nations. Focusing on developing innovative solutions that keep clients vision and values at the forefront. Providing services in the areas of: Environmental, Mapping & Geomatics, Training and Communications. Providing award-winning services to all communities and organizations looking for holistic, long-term oriented solutions to meet their unique needs through subsidiary corporation Four Rivers Inc.

HEALTH & SOCIAL MENO BIIMADESWIN

Providing advisory, advocacy and technical support in all areas of health and social wellbeing. Overseeing the management and administration of regional funded projects, coordinating specific community-based programs. Providing assistance in crisis management, intervention and promotion/awareness on wellness and healthy lifestyles and mental wellness supports and services. Working in partnership and collaboration with several groups, organizations, agencies and institutions who are affiliated with Matawa First Nations. Coordinating the on-going development of Matawa Health and Social Cooperative to address gaps in health care delivery and crisis management and to provide increased and accessible health and wellness services at both the community and regional levels.

INFORMATION TECHNOLOGY

Ensuring corporate information technology is accessible and equipped with current hardware and software. Managing, monitoring, and maintaining technology to ensure proper and secure access. Assisting with overall management of corporate information technology and computer systems.

MEMBERSHIP

Managing internal and external events required for Indian registration including issuance of Certificate of Indian Status for specific Matawa First Nations. Providing an accurate and updated Indian Registry.

QUALITY ASSURANCE

Complying with the requirements of ISO 9001 and the certificate of registration, the Quality Management System guarantees quality assurance throughout the organization and in services provided to Matawa First Nations. It promotes organizational efficiency, accountability and transparency and is implemented according to the purpose, vision, mission, values and objectives. The system is monitored and continually enhanced.

REGIONAL FRAMEWORK

Providing support and assistance to Matawa First Nations Chiefs, Matawa First Nations, Regional Framework Agreement (RFA) negotiation teams, RFA community teams, RFA transfer payment joint workplan team, RFA jurisdiction working group, and other RFA working groups with respect to the implementation of the 2014 Regional Framework Agreement, a community-driven process of negotiation related to the mineral and other related developments in the area known as the Ring of Fire. Providing support and assistance to Matawa First Nations in the areas of project management, logistics and coordination, information and financial support, capacity building and communications.

TECHNICAL ADVISORY

Assisting Matawa First Nations in the development and maintenance of community infrastructure, including environmental components and the capital approvals process. Responding to Matawa First Nations requests for services in the areas of project planning, development and reporting; operation and maintenance of water and wastewater infrastructure; coordination of water and wastewater operator training; environmental remediation project support; housing inspection and programming; fire safety and protection; and ACRS and ICMS reporting.



Matawa
FIRST NATIONS

LC-4





Matawa

LC•A

FIRST NATIONS

Matawa First Nations Management (Matawa) is an ISO 9001 registered non-profit Indigenous Tribal Council. Tribal Councils are Indigenous institutions established throughout Canada as, “a grouping of bands with common interests who voluntarily join together to provide advisory and/or program services to member bands.” Matawa was established in 1988.

The word “Matawa” is an abbreviation of the Cree word “Mammamattawa” meaning “a place of many rivers coming together” — a name the Chiefs and Elders decided was fitting of the organization to recognize that rivers have been, and continue to act as our lifeline and existence. Matawa is governed by a Board of Directors made up of members of its First Nations.

OUR PURPOSE

Matawa provides advisory services/ programs to nine member Ojibway and Cree First Nations (eight First Nations in James Bay Treaty No. 9 and one First Nation in Robinson-Superior Treaty). We are committed to quality assurance and are responsive to our communities' needs.

OUR VISION

Matawa First Nations will be prosperous and enriched First Nations both individually and collectively. By creating enhanced social and economic opportunities for everyone, the Matawa First Nations will reach their maximum potential and have confidence in the future.

OUR MISSION

We are committed to supporting each other and focusing our collective efforts on core strategic priorities. By working together as a regional community, we will use our combined knowledge and resources in order to champion the social and economic vitality of our First Nations and invest in community and people building.

OUR VALUES

Matawa First Nations Work Together.

We have opportunities to grow and reach our maximum potential as a regional group. The diversity within our regional communities is valued and a source of local and regional pride. We are proactively involved in the economic, social, cultural and political development of the Matawa territory.

Matawa First Nations are Dynamic and Sustainable Communities.

We integrate modern social and economic development practices with our traditional culture and heritage. We build capacity and economic wealth for present and future generations and are well positioned to succeed in the national economy.

Matawa First Nations Uphold Quality of Life.

We invest and protect our quality of life – socially, economically, culturally and environmentally and ensure that the Matawa First Nations are prosperous and healthy communities in which to live, work and raise a family.



Empowering Our Entrepreneurs

Building Our Entrepreneurs For Success

WHEN: June 4 & 5, 2019

WHERE: Ballroom - Valhalla Inn
1 Valhalla Road
Thunder Bay, Ontario



For more information contact:

Brent or Audrea at business@matawa.on.ca or (807) 344-4575

The business support team would like to congratulate two entrepreneurs who have successfully gone through the Business Support Program with expanding and starting up their small businesses. The entrepreneurs are band members of Webequie First Nation and Marten Falls First Nation. The business that was expanded is an outpost fishing camp called Kanuchuan Lake Outpost Camp and the other business is called War Snow Plowing.

For any Matawa community members who would like to get started with their own small business or expand their existing business, contact the business support officers Brent or Audrea at business@matawa.on.ca or (807) 344-4575.

Remember: "Your Ideas = Your Success!"



RESIDENTIAL

SNOW PLOWING SNOW BLOWING

- Friendly
- Affordable
- Dependable



807-629-1951



TRAINING OUR FUTURE—RENEWABLE ENERGY WORKSHOPS



In January 2019 the Economic Development department, in partnership with Relay Education and the Independent Electrical System Operator have been holding Renewable Energy Workshops in the Matawa road access membership communities for Grades 5 & 6. Our Chiefs felt that these workshops are critical to start training our Youth on the different technologies and helping them understand how they work in preparation for all the potential industrial development that will be taking place in our traditional territory in the decades to come.



**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

April 9 and 23
May 7 and 21
June 4 and 18
July 2, 16 and 30



Matawa Radio

Engaging First Nations over the airwaves

Applications for Education Funding - Matawa Post-Secondary Program

Matawa Post-Secondary Program (MPS) provides post-secondary assistance on behalf of the following First Nations: Aroland, Ginoogaming, Long Lake #58, Neskantaga, and Webequie.

ALL potential students are required to submit an application with required documentation.

DEADLINE DATES:

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

For more information please contact the Matawa Post-Secondary Program staff at: Tel: 807.768.3300 or Toll-Free: 1.888.283.9747

MATAWA EDUCATION AND ROTARY CLUB BURSARY

Application deadline : May 1, 2019 by 4:30 pm EST

CRITERIA:

- This Bursary Fund is for Matawa First Nations Community Members attending Elementary, Secondary, Post-secondary, Training, Apprenticeship, or Trades programs
- Applicants are to complete the application form and attach required documentation
- The goal of these awards is to promote excellence in literacy, leadership, personal achievements and applicants who demonstrate determination, commitment with education and career goals

FOR MORE INFORMATION OR AN APPLICATION, CONTACT:

Matawa First Nations - Education Department
200 Lillie Street North
Thunder Bay, ON P7C 5Y2
1.888.283.9747 | t. 807.768.3300 | f. 807.768.3301

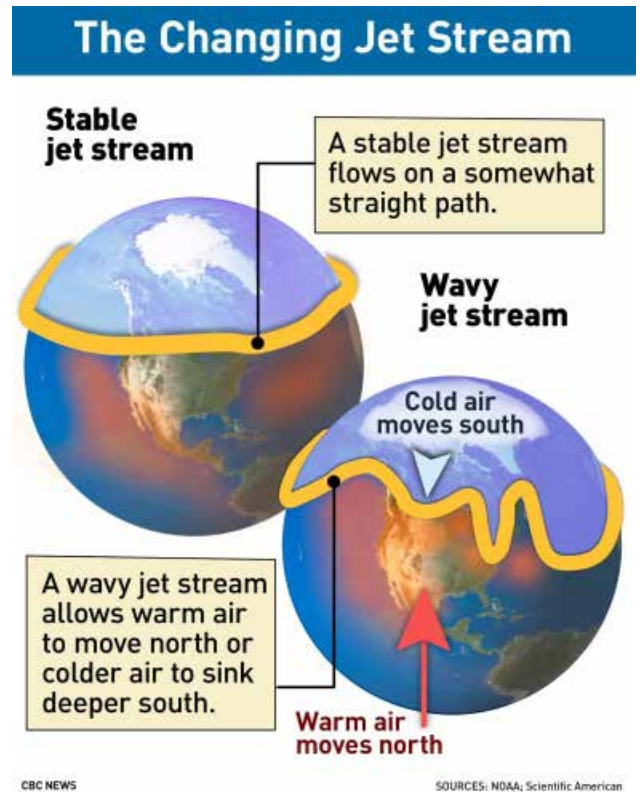


Four Rivers Prepares To Launch 3-Year Climate Change Assessment Project

Matawa member First Nations are highly susceptible to the impacts associated with a changing climate. Our communities have already experienced the impacts of these changes including thinning ice and significant impacts to winter roads. The anticipated increase in severity and frequency of severe storms and associated potential flooding, increased frequency of forest fires, changes in temperatures and changes in species behavior and distribution all represent additional potential impacts. Collectively these and other climate change impacts pose significant threats to the wellbeing of Matawa member First Nations, and opportunities to better understand and assess the risk of climate change and to plan and adapt for the future are needed.

In response to the Matawa Chiefs Council Resolution #10-01-08-18 for Climate Change Risk Assessment and Planning, Four Rivers is preparing to launch the Matawa Climate Change Assessment Planning & Adaptation Project: Phase 1: Vulnerability Assessment. This project aims to conduct a vulnerability assessment of the impacts associated with climate change on Matawa member First Nations so that communities can recognize, mitigate and adapt to current and future climate change impacts.

A principle component of this work will be collecting Traditional Knowledge (TK) with the aim to document environmental changes and community concerns. It is anticipated that these efforts will form the foundation of the vulnerability assessment which will aid in the creation of a future climate change adaptation strategy. Four Rivers team members are currently starting to work with member First Nations to design and plan this project, with project kick-off expected in the Spring of 2019. Please follow the Four Rivers website at fourrivers.group for project notices and upcoming events.



Introducing the new Matawa Health Cooperative Primary Health Care Team!



From left: Meghan Cahill (Mental Health Counsellor), Waverly Puurenen (Mental Health Counsellor), Valerie Shawinimash (Mental Health Counsellor), Frances Wesley (Matawa Health Co-op Lead Planner), Kelly Kabatay (Registered Nurse & Certified Diabetes Educator), Pierrette McLeod (Registered Nurse & Certified Community Health Nurse), and Sacha Torkkeli (Registered Nurse – Specializing in Foot Care).

Your new Matawa Health Co-op team will soon be visiting the Matawa communities so say hello when you see them!

Four Rivers Kicks-Off the Matawa Water Futures Project to Develop a Framework for Watershed Monitoring and Stewardship

Over the next three years, Four Rivers Environmental Services Group (Four Rivers) will be working with the Matawa member First Nations on a national watershed research project as part of a first step in increasing capacity to actively steward over 300,000 square kilometres of watersheds within their traditional homelands.

The Matawa Water Futures project (MWF) is a collaborative research project co-led by Four Rivers and Wilfrid Laurier University that seeks to increase capacity to maintain the safety of the water in the face of climate change and potential industrial development. A network of researchers including those from Lakehead and Laurentian Universities will also be supporting the project.

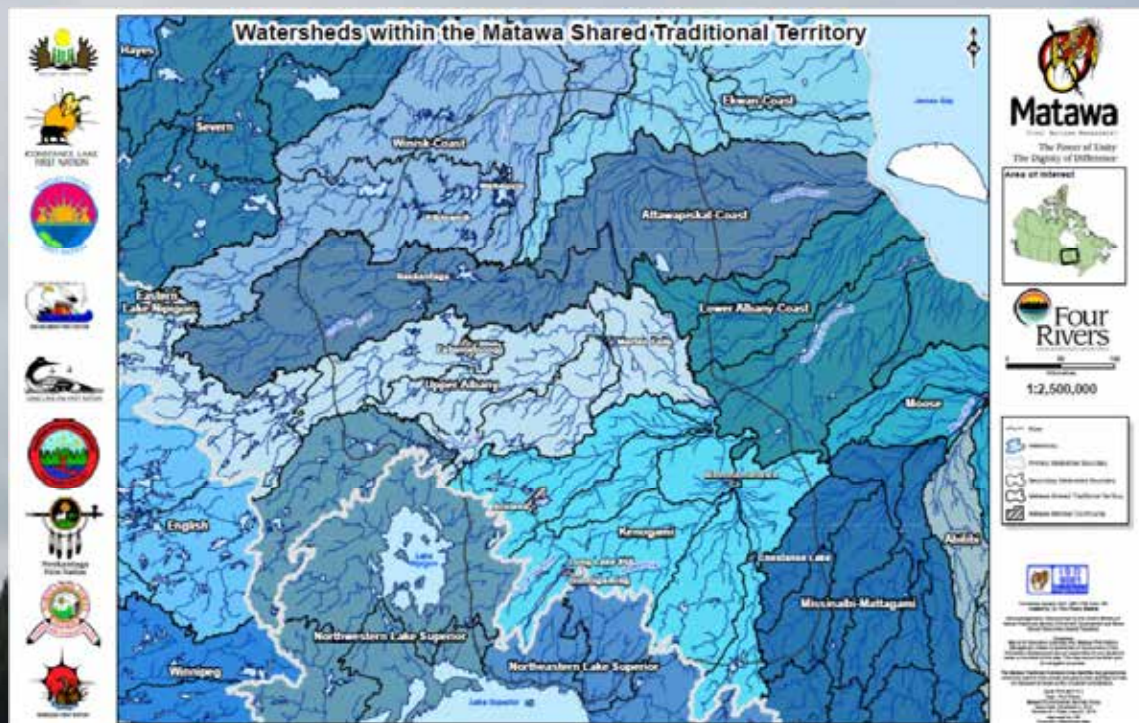
The MWF project is part of six new co-led projects across Canada launched by Global Water Futures (GWF), the world's largest university-led freshwater research program that is currently working to address urgent and growing water quality issues for Indigenous communities. GWF's overarching goal is to deliver risk management solutions—informed by leading-edge water science and supported by innovative decision-making tools—to manage water futures in Canada and other cold regions where global warming is changing landscapes, ecosystems, and the water environment.

The MWF project will be carried out alongside other Four Rivers environmental initiatives including Climate Change Adaptation Projects, Indigenous Guardians & Community-Based Monitoring Projects and Species at Risk Initiatives that are supported by the Government of Canada. It will result in a cultural framework for watershed monitoring and stewardship that is developed by the Matawa member First Nations, which puts their communities' priorities, concerns and visions for the future at the forefront. The project includes other capacity building initiatives, including water stories mapping, water gatherings, and a watershed stewardship training certificate program.

"Since time immemorial, the Matawa member First Nations have taken care of the watersheds within their traditional territories and ancestral homelands. Until now, there has not been an opportunity for Indigenous peoples and western science to take a step back together to look at how watersheds can be protected through a model that places the values, priorities and Traditional Knowledge of Indigenous peoples at the forefront." —Sarah Cockerton, Manager Environmental Programs - Four Rivers, Matawa First Nations Management

"Matawa Waters Futures brings together Elders and community members with scientists from Laurier, Lakehead, and Laurentian universities to co-create community led water research projects. With a strong commitment to Elder knowledge and community capacity building, this Matawa led, Indigenous informed, water science program has regional and national potential to decolonize water science supporting Indigenous Peoples in maintaining their traditional role in water stewardship." —Terry Mitchell, Professor; Director, Indigenous Rights and Resource Governance Research Group; Faculty at the Balsillie School of International Affairs – Laurier University





Water Is Life!

Remember to Celebrate
World Water Day:
March 22, 2019



fourrivers.group

'Water is Life' = Key Message from 2018 Matawa Environment Gathering

Four Rivers hosted over 60 delegates including members from all Matawa member First Nations just before Christmas. Matawa member First Nation Elders, lands and resource staff, environmental monitors & stewards, communication officers, and other interested members, gathered on December 11-13, 2018 for two workshops: Climate Change Adaptation and Watershed Stewardship. The intent of the workshops is to put community priorities at the forefront of future environmental initiatives by providing a forum where Matawa members can discuss and steer problem definition, goals and project design.

Climate Change Adaptation Workshop: Lead by Laurentian University's Dr. David Pearson, and building on Climate Change Adaptation work carried out in Matawa member First Nations and other Northern Ontario First Nations, the participants were provided with information to help establish a foundation of knowledge for effective adaptation to weather impacts and climate change in Matawa First Nation communities. The discussions from this workshop will help guide work in communities towards climate change adaptation planning including advancement of the Matawa Climate Change Assessment, Planning & Adaptation Project, Phase 1: Vulnerability Assessment.

Watershed Stewardship Workshop: Effective watershed stewardship in the homelands and traditional territories of Matawa First Nations needs to be rooted in Indigenous culture, and land-based knowledge. Hosted in collaboration with Wilfrid Laurier University, the Watershed Stewardship Workshop initiated conversations to set priorities for community-based water monitoring and stewardship. Participants helped define the questions and the process that will form the basis for the three-year Matawa Water Futures project.

Community Input: The First Nation members who participated in the two workshops provided significant feedback. While the gathering report is still being finalized, there were some very significant common community concerns and priorities. The importance of water was discussed at length, with many individuals identifying that "water is life". A theme that emerged was the importance monitoring water, traditional foods and medicine plants with special at-

tention spent on monitoring contaminants could affect those things. Participants also discussed community environmental concerns, community and regional approaches to environmental stewardship, environmental capacity building, education and training, data management & information sharing, barriers to environmental stewardship and the need for community empowerment. Four Rivers will be continuing to host discussions surrounding these environmental concerns and priorities over the next few years through various environmental initiatives. Please look to Four Rivers's website at fourrivers.group for upcoming related events.



Matawa Health Co-op New Logo



The design includes a medicine wheel, sweet grass and feathers – which are all involved in traditional healing, and the turtle shell reflects the 9 Matawa communities, with 5 remotes at the top (northern) part of the shell and 4 road access communities along the bottom (southern) half. Also included is the colour purple – which is considered a healing colour and will be used for the displays and promotional items for the Health Co-op going forward. Thanks to all of the Matawa Health Cooperative Board of Directors for their input on the development of the final design.

There is also great pride in acknowledging that all of the creation, digitizing and design work of the logo from start to finish - was done by young First Nations people from Northern Ontario. A young man from Neskantaga created the original idea, the digitizing and updating of the logo was done by a young woman from Sandy Lake, and all of the design work for the banners and brochures was done by a young man from Constance Lake. This logo showcases the talent and skill of young indigenous people in Northern Ontario!

The banner has a purple header and a green footer. The main area is white with a collage of five images: a stethoscope, a feather, a seedling, a person in a traditional hat, and a group of people sitting on a hill. The text 'MATAWA HEALTH COOPERATIVE' is in purple, and 'Circle of Belonging' is in green. A small ISO 9001 logo is in the bottom right corner.

MATAWA HEALTH COOPERATIVE

Circle of Belonging

Improving health services to the nine Matawa First Nation communities by enhancing existing health services, to achieve long-term health and well-being for all Matawa community members.

Matawa Hosts 12th Annual Education Conference

Matawa First Nations Management (MFNM), in partnership with Keewaytinook Okimakanak Board of Education (KOBÉ), hosted the 12th Annual Matawa Education Conference from March 5 – 7, 2019 at the Valhalla Inn on the traditional territory of Fort William First Nation. This year's theme was: Language and Wellness: Honouring Our Way of Life. This year's conference theme also acknowledged the UN International Year of Indigenous Languages.

Teachers from Matawa and KOBÉ schools engaged in a variety of workshops together while making meaningful connections, sharing their successes and celebrating their learning experiences. The conference focused on building positive relationships with students in order to support their learning.

Professional learning opportunities for school staff were provided through 80+ workshops in the areas of: cultural curriculum, assessment and evaluation, early learning, First Nation language/immersion programming, anti-bullying, technology, teaching strategies for literacy and numeracy, mental health, child development, nutrition, language revitalization, and first aid training, amongst others.

Each year the Matawa Education Conference gives participants the connections, tools, learning opportunities, and strategies they need to understand and implement effective professional learning in their classrooms, schools, and communities. This year a panel was added whose participants shared the innovative methods being used in their schools and communities.

This year, the conference program was pleased to announce three keynote sessions, one each day. On Tuesday, His Excellency Mr. Daniel Mellsop, New Zealand High Commissioner shared his insight regarding his work. On Wednesday, Niigaanwewidam Sinclair delivered the morning keynote. He is an assistant professor at the University of Manitoba and a regular commentator on Indigenous issues on CTV, CBC, and APTN. On Thursday, Dr. David Tranter and Lori Carson explored how educators can have a powerful impact on their students' lives through relationship based education.

The conference also featured additional, distinguished speakers who made opening and closing remarks including: Sharon Nate, Matawa Education Department Manager; Jonathan Kakegamic, on behalf of Keewaytinook Okimakanak Board of Education; Ennis Jacob, Education Director in Webequie First Nation Education; Tony Sakanee, Education Director in Neskantaga First Nation; and MFNM CEO David Paul Achneepineskum.

Regional Sponsorship of the 2019 Matawa Education Conference was provided by the Psychology Foundation of Canada, which creates practical programs that help children become confident, and productive adults by teaching them how to recognize and manage stress and helping their caregivers be more aware of their ongoing needs.

Classroom Sponsors included: Happy Time Tours, Malon's Promotional Clothing and Products, Ojibway and Cree Cultural Centre and REP Security.



Daniel Mellsop, New Zealand High Commissioner



Niigaan Sinclair, Assistant Professor, University of Manitoba

**An honour bestowed for dedicating his
life to the People and the Land**



CONGRATULATIONS TO:
William (Willie) Magiskan

Respected Aroland First Nation Elder and Leader

Matawa First Nations Management Welcomes New Staff

Matawa Health Co-op

Foot Care Nurse, Sacha Torkkeli



Hi! My name is Sacha Torkkeli, I am a Registered Nurse specializing in foot care. I grew up and I continue to live in the outskirts of Thunder Bay. I graduated from Lakehead University's Nursing program in 2012 and have since been working in rural NWO. I am very honoured to be a part of the Matawa Health Co-op working with the nine communities in

developing and delivering a foot care program. -Sacha Torkkeli, RN, BScN

Matawa Health Co-op

RN/Certified Diabetes Educator, Kelly Kabatay



Boozhoo!! My name is Kelly Kabatay. I am from Seine River First Nation. I have two boys, 14 and 10 years old. I am a registered nurse and a Certified Diabetes Educator. I have been working in the diabetes field for the past 3 years. I have practiced diabetes care in First Nation communities and I look forward to helping people effectively self manage their

diabetes. -Kelly Kabatay BScN, RN, CDE

Matawa Health Co-op

RN/Certified Community Health Nurse, Pierrette McLeod



My name is Pierrette McLeod, I am a member of Red Rock First Nation and I am originally from Beardmore, Ontario. I have lived in Kaministiquia with my husband and three boys for the last 20 years. I am a Registered Nurse and a Certified Community Health Nurse. I have worked for the last five years in Community Health in the Robinson Superior Treaty

area and have gathered a lot of experience working within the First Nations. I am excited and honoured to be working for the Matawa Health Co-op and I look forward to meeting you all.

-Pierrette McLeod, BScN, RN

Matawa Health Co-op

Specialized Nurse Consult, Alison Linklater



Wah-che-ya, I have been a nurse for 15 years. I am from Taykwa Tagamou Nation, but born and raised in Moosonee/Moose Factory. I've been hired by Matawa Health Co-op as a Specialized Nurse Consult. I will be presenting information about the options of a Nursing Transfer to the Matawa leadership and community members. Meegwetch, Alison Linklat-

er, RN, BScN, CDE

Matawa Health Co-op

Mental Health Counsellor, Waverly Puurunen



My name is Waverly Puurunen. I have been living and working in Northwestern Ontario for over 20 years in the fields of mental health, addictions and developmental services. I have had the opportunity to work with First Nations peoples throughout my personal and professional life. I visited many First Nations with my mother as a child and I look

forward to getting to know the 9 communities we serve. I am a registered social worker with a background in psychology. I am passionate about health and social services and look forward to learning more with Matawa. Thank you for this opportunity! - Waverly Puurunen, H.B.S.W, B.A.

Matawa Health Co-op

Mental Health Counsellor, Meghan Cahill



My name is Meghan Cahill and I am from Thunder Bay, Ontario. I am a recent graduate from Lakehead University in the Honours Bachelor of Social Work program. I have experience working with youth and young adults experiencing problems with alcohol and other drugs, as I completed a placement and have worked as a youth worker in a residential

treatment program for youth. I am pleased that I have recently began working as a mental health counsellor with the Matawa Health Co-op, and look forward to working with you in the future! - Meghan Cahill, HBSW

Matawa Health Co-op

Mental Health Counsellor, Valerie Shawinimash



Booshoo, hello, everyone. My name is Valerie Shawinimash, and am originally from Eabametoong FN, aka Fort Hope. I currently reside in Thunder Bay with my husband, Vin. I am humbled and honoured to be working with the Matawa Health Coop as a Mental Health Counsellor. Prior to this, I was working in the Education Department for Matawa as the

School Mental Health Worker which I loved very much. I graduated from Laurentian University where I received my Honours Bachelors of Indigenous Social Work. I am also a graduate from Cambrian College of Applied Arts and Technology from the Social Service Worker program. I have a passion for what I do and I want to make a difference in the lives of our people and communities. I look forward to meeting you and I look forward to serving you! Feel free to say "Booshoo." Miigwetch. - Val

save the date

STANDING TOGETHER EVENT

May 3, 4, 5, 2019

In August 2018, Matawa member First Nations began a process facilitated by Watershed Partners. In May 2019, the outcome will be revealed.

Living with Us... AETESHKIINIKISH (Wood Frog)



& Adaptation Project, the first phase being a Vulnerability Assessment. For more information, visit fourrivers.group

Wood frogs are found in wet woodlands throughout Ontario. They grow up to 8 cm long, have a dark mask around their eyes, and a call that sounds like series of sharp quacks. Wood frogs survive the long, cold winter by freezing (almost) solid! They store high amounts of sugar and urea in their tissues and blood to tolerate freezing and limit the amount of ice that forms in their cells. Wood frogs are highly specialized to survive the northern winter.

Did you know... Climate change is contributing to the recent extremes in winter temperatures in the north. Recent studies have shown that these extreme fluctuations are due to changes in the jet stream (the 'line' between the cold air in the north and warm air in the south). In the past, the jet stream was fairly stable and only a little wavy, but in recent years the waves are larger as the hot air is pushing up into the cold. This results in the extreme ups and downs we've seen in the winter temperatures this year. Since this change is predicted to be irreversible, all living creatures, including the wood frog, will have to learn to adapt to the new climate reality. To support our Matawa member First Nations in adapting to climate change, Four Rivers is launching a **Climate Change Assessment, Planning**



Photo taken by Xavier Sagutch in the Eabamet Lake area



Photo taken by Xavier Sagutch in the Eabamet Lake area



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

