

July 2019



"Living With Us"... page 12



The Power of Unity, The Dignity of Difference

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THUNDER BAY - From May 3 -5, 2019, the Standing Together Gathering took place. For time immemorial, the Matawa First Nations have lived, travelled, hunted, trapped, fished and survived off our traditional territory, using our own governance systems and structures, both within our family clan units and between neighbouring clans and families. The land is still the foundation of their culture and is deeply rooted in our healing, teaching and spiritual ways, however people continue to struggle and heal from the generations of trauma inflicted on them.

Over the past decade, as a direct result of the massive mineral deposits in the “Ring of Fire” area, Matawa leadership have been faced with making huge decisions that will affect many generations in this pristine untouched area of Matawa, while at the same time trying to help their communities heal.

In 2011, as deposits were discovered, the Matawa communities came together to declare our unity with the signing and blessing of the Mamow-Wecheekapawetahteewiin (Unity Declaration). After years of work and learning through the Regional Framework Agreement discussions, however, the path to unity was not clearly defined.

A new way of working was introduced to the Matawa communities by a ‘collaborative design’ group, Watershed Partners. Matawa Chiefs and communities decided (by resolution) to use the new, unique approach, which is 100% community-driven and directed, with no outside influence by advisors or organizations. It enabled Matawa members to have discussions in a safe environment without added pressures.

Nine months of conversations with the Matawa Member First Nations Chiefs and community members have taken place, with each community engaging in a group conversation to talk about the way they make decisions, as a community.

More on the gathering can be viewed on pages 8 and 9.

Housing Conference

Graduates and Awards

Plant Teachings in Long Lake #58

Standing Together Gathering

Welcome New Staff and more....



17th Annual First Nations Northern Housing Conference



The 17th Annual First Nations Northern Housing Conference (FNNHC) has completed another instalment in its ongoing effort to bring knowledge and networking opportunities to delegates involved in First Nations Housing.

The conference was held February 26-28, 2019 in Thunder Bay at the Valhalla Inn. This year, the event was at its largest with over 380 people in attendance during the 3-day event. There was over 20 Matawa First Nation members in attendance. Formerly known as the Northern Housing Conference, this was the third year that delegates from across the nation were invited to share in this event. The Conference attracted First Nation housing professionals from British Columbia, Alberta, Manitoba, Saskatchewan, Quebec, Nova Scotia and all over Ontario.

The theme for the conference, which included a trade show and the 11th Annual Builders Challenge, was "Moving First Nations Forward". This year, there were technical, administrative and planning workshops. Some of the workshops for this year's event included: Fire Safety, Project Management, Inspections, Building Better Quality Homes, Developing a Housing Policy, Project Scheduling and Budgeting, Planning a Housing Subsidy, Blower Door Testing and On-Site Sewage Systems just to name a few. Over 50 exhibitors also participated in a one-day Tradeshow that featured consultants, housing suppliers and contractors from throughout Ontario and Manitoba.

During the tradeshow, the Builders Challenge took place. This year's Builders Challenge focused on Chimney Installation. It involved demonstrations by our special guest Jon Eakes followed by challenges where delegates competed against each other and were judged on accuracy, speed, and quality. The challenges included; Ceiling Support, Attic Work, Roof Work and Finishing Work.

This year, four communities were honoured for the Community Housing Recognition Awards at the banquet. North Caribou Lake First Nation for their housing program, Muskrat Dam First Nation for the construction of their high efficiency units, Beausoleil First Nation for their innovative projects, and Wauzhushk Onigum First Nation for their energy efficient construction projects.

This annual event was organized by representatives from 14 Tribal Council from Northern Ontario. The main focus of the conference is to address issues and challenges in First Nations Housing. At the same time, it is important for delegates to network with others and bring useful information back home to share. This year's conference was deemed a success and we are already looking forward to the 2020 event!!!!

Further information is available online at the conference's website at: www.northernhousingconference.com - for further information contact:

Saverio Rizzo, Housing Inspector/Coordinator
Matawa First Nations Management
* FNNHC Working Group Member



CONGRATULATIONS Matawa Post Secondary GRADUATES 2018/2019

	STUDENT	PROGRAM
1	Bloesser, Krista	Registered Practical Nursing
2	Charles, Brendan	Master of Science in Neuroscience
3	Dickomeit, Maxwell	Graphic Design
4	Echum, Keaton	General Arts & Science
5	Echum, Noah	Construction Techniques
6	Favretto, Danielle	Social Service Worker – Native Specialization
7	Finlayson, Sterling	Business Marketing
8	Fisher, Dallas	Native Access Program
9	Fisher, Joshua	Bachelor of Social Work
10	Gagnon, Shelby	Honours Bachelor of Fine Arts
11	King, Kelly	Bible School General Ministerial Training
12	McKim, Coneitia	Masters of Counselling Psychology – Art Therapy
13	Mekanak, Jessie	Indigenous Wellness and Addictions Program
14	Meshake, Glenda	Advanced Chemical Addictions Program
15	Mishquart, Kasey	Dental Assisting
16	Moonias, Clyde	Bachelor of Arts in Indigenous Learning
17	Quisess, Stephanie	Native Child and Family Services
18	Quisses, Tristan	Police Foundations
19	Ranville-Wesley, Blaire	Social Services Worker – Native Specialization
20	Shewaybick, Tyrell	College Access
21	Sky, Reine	Honours Bachelor of Arts in Criminology
22	Spence, James	Honours Bachelor of Arts in Environmental Sciences
23	Therriault, Cathy	Advanced Chemical Addictions Program
24	Therriault, Jamie	General Arts and Science
25	Towedo, Desiree	Child and Youth Care
26	Wesley, Charles	Culinary Management
27	Zacharie, Angie	Personal Support Worker
28	Zatti, Sherry	Office Administration



Matawa Education and Bowmanville Rotary Bursary Awards

JK & SK - \$400

Angela Towedo's JK Class,
Johnny Therriault Memorial School
Aroland First Nation
Book: Cranky Bear

Grades 1-2 - \$400

Siri Kantola's Gr 1/2 Class,
Johnny Therriault Memorial School
Aroland First Nation
Video/Story: Healthy Food Characters

Grades 3-5

1st PLACE: iPad
Ayannah Wesley, Grade 4
St. Margaret School
Nibinamik First Nation
Story: My Quiet Place

2nd PLACE: iPod

Abigail Gagnon, Grade 4
Johnny Therriault Memorial School
Aroland First Nation
Story: The Girl and The Moon

2nd PLACE: iPod

Ty Keeskatay, Grade 5
John C Yesno Education Centre
Eabametoong First Nation
Story: The Little Spiritual People

Grades 6-8: iPad

Alaryk Sagutch-Towegishig, Grade 7
Migizi Wazisin Elementary School
Long Lake #58 First Nation
Story: Fire

2nd PLACE: iPod

Keira Mendowegan, Grade 7
Johnny Therriault Memorial School
Aroland First Nation
Story: A Small Act of Kindness

Grades 9-12 - \$500

Mya Dixon, Grade 12
Creative Writing
Matawa Education Centre
Eabametoong First Nation

MEC Award - \$500

Renee Lavoie, Grade 12
Matawa Education Centre
Marten Falls First Nation

College - \$1000

Rebecca Sugarhead
Dental Assistant
Confederation College
Nibinamik First Nation

University - \$1000

Nicole Wesley
Indigenous Studies Specialist
University of Toronto
Ginoogaming First Nation

Angela Sofea
B.A. Psychology
Lakehead University
Webequie First Nation

Continuing

Post-Secondary - \$1000

Kayla McCraw
GPA 4.00
Confederation College
Ginoogaming First Nation

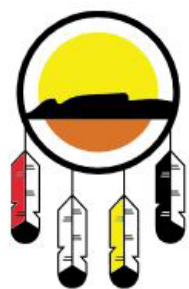
Training, Apprenticeship, Trades and Adult Education - \$1000

Edward Narcisse
Adult Education
Seven Generations Education Institute
Aroland First Nation



Bowmanville
Rotary
Club





Northwestern Ontario Aboriginal Youth Achievement and Recognition Awards

On May 1, 2019 the Northwestern Ontario Aboriginal Youth Achievement and Recognition Awards (AYARA) was held at the Italian Hall. This event began in 1987 (formerly known as the Nlgaantige Career Fair), it was established to address the high attrition rates among our First Nations students studying at the secondary and post-secondary level. AYARA is committed to ensuring that First Nations youth look forward to new and innovative ways of learning and planning for their future. AYARA celebrates the youth achievements in many areas for example: Athletic, Artistic, Heritage Keeper, Advocacy & Activism, Peer Mentorship, Academic, Community Leadership and Volunteerism. AYARA is able to celebrate the youth achievements because of the generous sponsorship from companies and organizations like Matawa First Nations Management. We are proud to say that thirteen (13) community members from Matawa were awarded.

Academic, Individuals who have achieved academic excellence.

Sophie Sutherland – Marten Falls First Nation

Recognition, Individuals who have demonstrated achievement and excellence in any area through personal perseverance.

Rebecca Sugarhead – Nibinamik First Nation

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

Stephanie Quisess – Neskantaga First Nation

Danielle Yellowhead – Eabametoong First Nation

Employment and Apprenticeship, Individuals who have achieved excellence in their choice of a career field.

Andy Beaver – Nibinamik First Nation

Kyler Roundhead – Webequie First Nation

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

Edward Narcisse – Aroland First Nation

Heritage Keepers, Individuals who have demonstrated their culture through daily living or community leadership.

Renee Lavoie – Marten Falls First Nation

Storm Sugarhead – Eabametoong First Nation

Personal Achievement, Individuals who have demonstrated achievement and excellence in any area through personal perseverance.

Edmund Narcisse – Aroland First Nation

Redman Moonias – Neskantaga First Nation

Sandra Kakeeway Cultural Award, Individuals who have shown dedication to the preservation and understanding of the Anishinabe Culture or language.

Dallas Fisher – Ginoogaming First Nation

Erin Atlookan – Eabametoong First Nation

**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

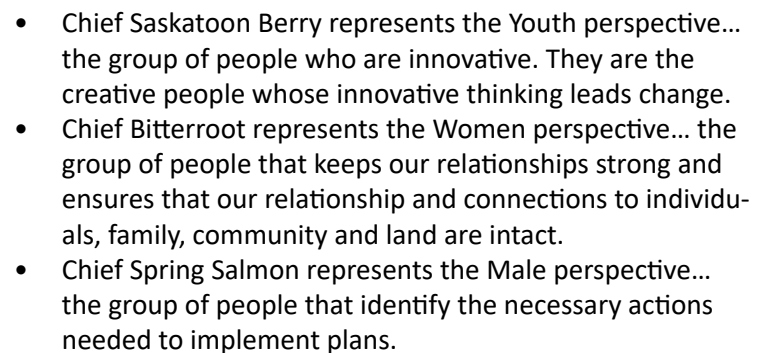
UPCOMING SHOWS

July 2 and 16
September 10 and 24
October 8 and 22



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(Continued from page 1) The final larger event called the Standing Together Gathering, brought 10 people from each of the communities together at the Nor'Wester Hotel in Thunder Bay May 3-4-5, 2019.



The three-day event opened with prayers from our Elders, a drum song and dance, a story of the sacred fire and a sunrise pipe ceremony. The nine Matawa Chiefs stood together and opened the event to explain that they were gathered to come together in unity.

A cultural process using four personality types helped the participants understand how to plan, solve problems, make decisions, resolve conflicts or develop an action plan. (Personality types below).

-
- TRADITION** (Red arc)
- CHIEF BLACK BEAR
 - ELDER
 - Well-being
 - ~~Success of people~~
- RELATIONSHIP** (Brown arc)
- CHIEF BITTERROOT
 - WOMEN
 - Inclusion
 - ~~Exclusion~~
- INNOVATION** (Green arc)
- CHIEF SASKATOON BERRY
 - YOUTH
 - Freedom
 - ~~Oppression~~
- ACTION** (Blue arc)
- CHIEF SPRING SALMON
 - MEN
 - Validation
 - ~~Shame~~
- CONCENTRIC CIRCLES (from outer to inner):**
- TRIBAL LAND
 - COMMUNITY
 - FAMILY
 - INDIVIDUAL
 - GOLD
 - ELDER
 - WOMEN
 - MEN
- Bottom Banner:**
- YOU WILL SEE YOURSELF
AS YOU GO THROUGH THE PROCESS

The group was asked "What is on your heart?" and took time to answer a set of questions:

- How do I see myself as an individual?
- What is my role within my family?
- What is my role within my community?

- What is my role with the land?
- Why is making decisions together important to me?

The youth who attended the gathering got together and created a video to share with the whole group on the third day. Each one took the time to share their visions of the future and what they hoped to see for our communities.



At the end of the event, our youth presented a leather sundial to the Chiefs as a representation of the strength of Nations working closely together, and to think about each other and all of the communities as family (see top right).



The event ended with Chiefs sharing their reflections. They appreciated how community members had worked together and avoided pointing fingers. They expressed how there was no such thing as good-bye between the Matawa communities and how - if we want change and be strong together, we have to own it. The event finished with a closing ceremony.

CONGRATULATIONS KKETS ASAP GRADUATES 2018/2019

On June 25, 2019, the Aboriginal Skills Advancement Program held a graduation ceremony at the Thunder Bay Community Auditorium with supper held at the Italian Cultural Centre. A total of 74 students graduated. Congratulations to all of them for their hard work and determination this year!

Aroland First Nation	
Bouchard, Stella	Megan, Velda
Jabic, Valerie	Mendowegan, Blake
Lewis, Walter	Singleton, Erica
Magiskan, Ian	
Constance Lake First Nation	
Cheechoo, Brody	Sutherland, Joyce
Echum, Hunter	Sutherland, Terrance
Eabametoong First Nation	
Achneepineskum, Kristian	Missewace, Keith Brennan
Anderson, Shane	Neshinapaise, Glenna
Atlookan, Alvie	Ooshag, Valerie
Atlookan, Andrew	Slipperjack, Calvin
Atlookan, Lucy	Suganaqueb, Gerald
Basketawang, Brian	Sugarhead, Douglas
Boyce, Delaney	Sugarhead, Nina
Boyce, Irene	Wabano, Anita
Boyce, Isabel	Wabano, Gerald
Boyce, Jonathon	Wabano, Rocky
Boyce, Tyler	Wabano, Theresa
Coffey-Pelky, Pauline	Wapoose, Jennifer
Jacob, Ashley	Wapoose, Louie
Keeskitay, Brenda	Waswa, Danielle
Keeskitay, Darrell	Waswa, Ruby
Meeseetawageesic, Daniel	Yellowhead, April
Meeseetawageesic, Fred	Yellowhead, Jared
Meeseetawageesic, Ryan	Yellowhead, Lindsay
Ginoogaming First Nation	
Wesley, Neil Jr.	
Long Lake #58 First Nation	
Aggamaway, Jason	Meshake, Clayton
Legarde, Vashti	Patterson, Eve
Mazinakouskang, Dwight	Thomas, Priscilla
Marten Falls First Nation	
Achneepineskum, Lindsey	Kakaychewan, Ryan
Achneepineskum, Mitchell	Kakaychewan, Valerie
Baxter, Pink	Mark, Aspasia
Coaster, Josephine	Okeese, Alyssa
Kakaychewan, Eric	
Neskantaga First Nation	
Meeseetawageesic, Roberta	Moonias, Sean
Moonias, Elizabeth	Sakanee, Sylvia
Moonias, Richard	
Nibinamik First Nation	
Beardy, Melanie	Beaver, Jerome
Webequie First Nation	
Bighead, Angel	Meekis, Luke
Jacob, Lanette	Suganaqueb, Mary

Valued Plant Teachings in Long Lake #58 First Nation



On June 5 & 6, 2019, Four Rivers, Migizi Miigwanan Secondary School and Long Lake #58 First Nation Lands and Resource Staff teamed up to deliver hands-on teachings on medicinal, edible and culturally important plants. The team travelled with the high school's Outdoor Education class to several sites within Long Lake #58 First Nation's homelands to gather information on plants found growing in the area. Community Elder Donna Waboose provided information on which plants were useful as medicines, and on how to prepare plants for eating and storage. The students used modern technology (GoPros/video cameras, GPS units and digital cameras) to document what they were learning throughout the day. Four Rivers provided scientific information on the plants observed and the different wetland habitats. Important plants were also

collected and later pressed for drying, to be preserved as specimens for later teachings on the plants and as a record of what was learned during the trip. The students created a map from the GPS data collected, and learned how to connect the western science tools with the cultural knowledge and information they received.

Everyone had a great time during the field trip, enjoying a bannock/hot dog cook-out, pizza supper and freshly prepared iced Labrador tea with honey and lemon. Special thanks to Elder Donna Waboose, Eddie Finlayson, Anisa O'Nabigon, EJ Waboose, Kristin Clarke, Lanny Shebagabow, Kim Jorgenson and Jen Duncan for sharing your knowledge with the Youth!



New Program Announcement

ADULT LEARNING, LITERACY AND ESSENTIAL SKILLS PROGRAM

Kiikenomaga Kikenjigewen Employment and Training Services (KKETS) will be delivering a new program, the Adult Learning, Literacy and Essential Skills Program (ALLESPP) to all Matawa First Nation Communities this year.

The ALLESPP Program will be implemented to assist eligible and interested adults who possess less than a grade 9 education. This 12-week program is intended to enhance or develop basic skills such as reading, communication, life skills, and basic soft essential skills for participants who wish to work towards achieving their goals of either obtaining employment, finding independence, or to further their education and/or training. This will also give them the opportunity to transfer to other programs at KKETS such as Nishnawbe Education and Training (NEAT), or the Aboriginal Skills Advancement Program (ASAP).

ALLESPP application forms are available with your local Employment Community Coordinator (ECC). Successful applicants will undergo an intake assessment with individual learning plans created as per

their assessments. The targeted number of participants to be enrolled in each community for this program is 20. Financial assistance will be available for participants. This includes child care and rent fees, if applicable, as well as participant training allowance based on attendance.

In addition to the ALLESPP Program, we have posted an employment opportunity for an ALLESPP Learning Facilitator and ALLESPP Community Coordinator on the Matawa First Nation website. Community members of Matawa First Nation Communities are encouraged to apply.

For more information, please contact Diane Beaver, A/ ALLESPP Project Coordinator at 807-768-4470 or toll free: 1-888-688-4652 or by email: dbeaver@matawa.on.ca

Matawa First Nations Management Welcomes New Staff

Matawa Education

Indigenous Language Specialist, Suzan Sandau



WAH CHEE YAH MEE SEE WAY! My name is Suzan Sandau and I'm from Constance Lake First Nation. I speak the Swampy Cree dialect from James Bay coast. I have resided in Thunder Bay for 13 years now and proud to be a kookoom to my 4 grandgirls. I graduated from Lakehead University in 1987 with a Native Language Program Diploma and have worked in the language ever since. I am honoured to be working in the Matawa Education department with a team of language specialists from New Zealand and 2 Ojibway language specialists from Aroland. We are training in methodology and developing a curriculum to reach out to the learners quickly. So far it has been overwhelming and exciting. I am looking forward to completing this curriculum which will be a new approach to revitalizing our language. Kitchi meequetch. I am happy I have the opportunity to work in this field and we will keep our language alive.

Matawa Education

Mental Health Worker, Jennifer Loranger



My name is Jennifer Loranger and I am originally from Marathon, Ontario. I moved to Thunder Bay in 2011 to attend Lakehead University to complete my Honours Degree in Psychology and never left. Throughout my career I have gained an abundance of knowledge on the socioeconomic factors faced by First Nation people. I am very honoured to have been

Four Rivers

GIS Intern, Jasmine Baxter



Boozhoo! As some community members may already know me, my name is Jasmine Baxter (Achneepineskum) and I am a member of and grew up in Marten Falls First Nation. For the last 15 years I have been living in Thunder Bay with my Family of 7 (5 children). Recently I have moved from an Administrative role of Office Administrator to a technical role of GIS Intern. I'm humbled to be in this new position to learn about our traditional territory through maps & research! Over the years of living in an urban center, I have come to realize that I took our way of life in Marten falls for granted. I hope to expose my children to the on the land living as I have lived and I am looking forward to reconnecting with home and the land through this new role at Four Rivers.

Matawa First Nations Management

Human Resources Manager, Betsy Ledger



Booshoo my name is Betsy Ledger, I am the Human Resources Manager at Matawa First Nations Management (MFNM). I went to Confederation College and obtained my Business Management (Aboriginal Organizations) Diploma many moons ago and went back to school in 2013 for the one-year Human Resources graduate certificate program. Prior to working at MFNM, I worked at a unionized Indigenous Organization for 10 ½ years, most recently as the Human Resources Manager for four years and one year as the Executive Director. All of my work experience has been with Indigenous organizations, my first job was here at MFNM and I'm very excited to be here again. As a registered band member of Ginoogaming First Nation I'm proud to be working with my home Tribal Council. It's always been my personal and professional goal to work with and for our Peoples.

Matawa First Nations Management

Manager Financial Advisory Services, Lloyd Wabigwan



Boozhoo: Lloyd Wabigwan ndizhinikaaz. I am originally from the northern shores of Lake Huron. Thessalon First Nation is where I grew up as a young boy. I resided in Thunder Bay for 25+ years and am a proud dad, papa, and husband. Matawa hired me as the Director Financial Advisory Services, which I can explain in person as there is no reason to cause boredom here, wink! I have a college diploma in Business Management (Aboriginal Organizations), an Honours Bachelor of Commerce Degree with a major in Accounting, and am a Chartered Professional Account, Certified Management Accountant. Throughout my career I have worked for various for-profit and non-profit organizations such as TD Bank, The Canada Revenue Agency, Nish Affairs (INAC), and Nishnawbe Aski Development Fund. I am honoured to have the opportunity to join the Matawa team and I look forward to the challenges and opportunities that our future holds. In closing, don't hesitate to reach out to me anytime if you have questions or just to say hi, and be on the lookout for me as I will be coming to the communities for a visit/work.

Four Rivers

Administrative Assistant, Kayla Atlookan



Hello, My Name is Kayla Atlookan. I am a member of Eabametoong First Nation/ Fort Hope. I recently started as the Administrative assistant for Four Rivers. Prior to my new position, I was the Casual relief Receptionist for Matawa First Nations Management for a little over a year. I am very excited & Thankful for the opportunity. I look forward to working with everyone!

Four Rivers

Linguistics Officer, Kevin Wabasse

Kevin Wabasse is the Linguistics Officer at Four Rivers Group and is a member of Nibinamik First Nation (Summer Beaver) in northern Ontario. Kevin provides both oral and written Ojibway and Oji-Cree translation and interpretation of documents. He also provides communications and public relations support for various Four Rivers projects. Kevin also acts as the Executive Support person for the Manager of Four Rivers.

He is bi-lingual and is able to speak in Oji-Cree and English fluently. Kevin is capable of reading and writing in syllabics in the eastern Oji-Cree dialect. He has the ability to provide translation of documents into syllabics and provide interpretation for staff that aren't able to communicate effectively with Elders from the Matawa member First Nation communities who only speak in Oji-Cree, Cree, or Ojibway. Kevin has over 7 years of experience in Administrative Support Services for multiple of First Nations organizations and communities. Kevin started full-time officially in April 3, 2019 but has been with Four Rivers since January 9, 2017 in various capacities. He previously worked for the former Ring of Fire Department as the Administrative Assistant back in 2011.

KKETS

ALLESP Learning Facilitator, Chris Gagnon

Hello my name is Chris Gagnon, a member of Aroland First Nation. I was just recently hired as the ALLESP - Learning Facilitator under the program offered by KKETS. I have been employed by the First Nation for the last 20 years in different positions. I am a proud father of 3 children and 2 awesome grandboys Derlyn and Noah. In the last 6 years I have devoted my time and effort for my community as Regional Process Coordinator under the Regional Framework. I have also recently completed a program under NEAT from KKETS Resource Mining Readiness Program. I always make myself available with my community in different areas and events (i.e cooking, running fish derbies, etc.). I look forward to working for KKETS and our community members and help improve and maintain their abilities in accomplishing their educational goals.

KKETS

ALLESP Learning Facilitator, Elisabeth Labrie



Elisabeth Labrie, a Laurentian University graduate (MA Sociology, PhD Candidate Humanities) is the ALLESP Learning Facilitator in Constance Lake First Nation. Considering her experience with a variety of students (elderly, college, university, children...) in different contexts (in class, online, in the community), she has many tricks up her sleeve to facilitate learning experiences to make sure that participants perform adequately. Her professional and academic journey also led her to shape a simple definition of learning: "learning is an individual skill, to acquire and develop collectively." Together for one's success!

KKETS

ALLESP Community Coordinator, Stanley Meshake Jr.



Hello, My name is Stanley Meshake Jr.

I live and grew up in Aroland First Nation. I am the oldest son of Mr. Stanley Meshake Sr and Mrs. Elisabeth Meshake, I have 1 brother named Robinson Meshake and 1 Sister named Emily Ann Meshake. 2 nieces names are Sierra and Selana Mendowagon, I worked at my Uncles Gas Bar for 4 years then started working for the Aroland First Nation as Community Organization Worker in 2003, then after

I was finished with that contract I worked as a Local Training Coordinator for one year, I have worked at the Nakina Forest Products for 3 years in various positions throughout the mill, later I got my Surface Diamond Drillers Certificate through Confederation College where I worked a few Contract work in and around the Aroland First Nation Territory, Later on I got for a Security Guards License through KKETS program where I took it at Neskantega First Nation and in Giinoogaming First Nation, once completed I was invited to be a part of the KKETS' ASAP graduation, and there I received my Security Guards License, this is where I was inspired by my good friend Mr. John Gagnon, as he was graduating and being honored as Valedictorian, I told myself if John can do it so can I, so the next day I went into too the KKETS' office and filled out the application for the ASAP program. so I have entered the program and completed where I meet old friends and new ones, I really enjoyed my time at KKETS, so now I went back to Nakina Lumber Inc where I trained many employees in various positions throughout the mill, so which leads me to now where I am currently employed by KKETS as an ALLESP Community Coordinator, which excited me as I will coach and mentor our students that will be enrolled in our program.

Matawa Health Co-operative

Registered Nurse, Daisy Sugarhead



My name is Daisy Sugarhead I'm band member from Nibinamik, Summer Beaver. I have been a nurse for over 25 years and worked in many remote communities. I have 3 children and 10 grandchildren. I enjoy working with people and I can speak and write Ojibway and Oji Cree. I am excited to be working with the other nurses within the Matawa Health Co-op and I look forward to travelling to the communities. Meegwetch, Daisy.



Living with Us... KAKEKAYBEGOON (Labrador Tea)



fourrivers.group

Kakekaybegoon is a low, evergreen shrub that grows less than 1 metre tall in wetlands throughout Ontario. It has thick green, leathery leaves that are 2 to 5 cm long, with fuzzy rusty-orange undersides. White flowers are clustered at the tips of the branches in early summer, which ripen into small, long brown seed capsules. Kakekaybegoon is a well-known medicine that is used across Canada, prepared as a tasty tea that can be drank either hot or cold.



Did you know... Kakekaybegoon is one of the few medicines that can be harvested year-round. When harvesting the leaves, be sure to only pick a few leaves per stem so that the plant will continue to thrive. While the whole leaves are boiled in fresh water to prepare tea (spring water is best!), it is the fuzzy orange underside of the leaf that provides the medicine. Kakekaybegoon is good for treating colds, sore throats, allergies, soothing an upset stomach and easing joint pain, and can also be used as a bug repellent and to treat bug bites.



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

