



"The significance of this project for the road access communities in Matawa cannot be overstated as they currently continue to struggle with connectivity issues," says Matawa First Nations Management (MFNM) Chief Executive Officer David Paul Achneepineskum. "MFNM and the Matawa First Nations have worked together since 2014 to obtain support for broadband infrastructure in northern Ontario. When completed, the Rapid Lynx network will be 100% owned, governed and operated by the Matawa First Nations, allowing the First Nations to control our own digital future and provide affordable, reliable and secure high-speed connectivity for the first time to areas that only had the limited capability of shared satellite service before. Rapid Lynx will transform education, health-care, economic development, job creation and security in the Matawa First Nations and increase prosperity and quality of life for residents."

Welcome New Staff and more....



Matawa Development Corporation and MOU Partners Meet to Address Community Infrastructure and Economic Growth Opportunities



On April 13, 2022, the Matawa Development Corporation (MDC) formally reconvened its work with Memorandum of Understanding (MOU) Partners in a full-day Meet & Greet event in Thunder Bay focusing on economy and wealth creation. The event saw presentations from the MDC Board of Directors, leadership from the Matawa First Nations and the MOU partners. It included a presentation from Enterprise Canada's Lloyd Girman on "Progress Made Thus Far and the Way Forward".

MDC, wholly owned by Matawa First Nations member communities, has decision-making powers on what is built, when and how in Matawa communities and the surrounding region. "This is a positive step forward in building a strong economy for Matawa First Nations and the Matawa Development Corporation guided by our united vision to be self-sufficient, self-governing peoples living within a healthy, thriving culture," said MDC President and Long Lake #58 Chief Judy Desmoulin.

MDC is working with four national companies with proved infrastructure development experience and communication expertise – Enterprise Canada, a national strategic communications and public affairs firm; EPCOR Canada, a company that builds, owns and operates electricity, natural gas and water products and services in Canada and the United States; Ontario Power Generation, the largest electricity generator in the province and PCL Construction, a group of independent construction companies that carries out work across Canada, the United States, the Caribbean and Australia. "We are taking charge of our economic future, embarking on real partnerships that will allow us to do it in a different way – our younger generation needs us to develop different models so that they can have hope for a healthy, productive lives and have safe communities" said MDC President Judy Desmoulin.

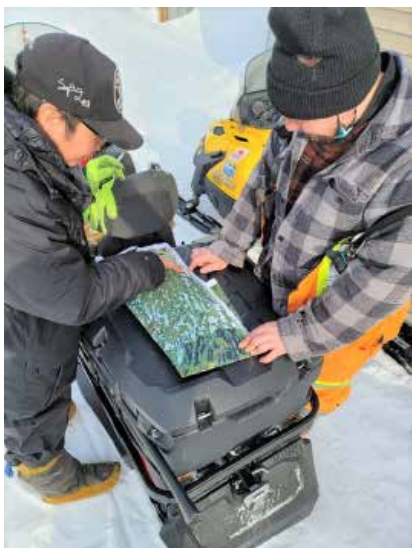
Under the direction of member communities, MDC will work with these companies to determine priority projects, how best to meet the infrastructure needs in Matawa communities and oversee construction and financing of infrastructure across the region. Clean water, housing, roads and other crucial community infrastructure to improve the lives of generations of First Nations people in Northern Ontario have already been identified.

"We are well-positioned over the coming period to determine our infrastructure and economic development opportunities with these companies, to direct and build critical infrastructure projects in the Matawa region, with our communities leading development," said Desmoulin. "This is a collaborative effort to solidify new paths forward in developing community-based infrastructure projects within and beyond the traditional lands of the Matawa-member First Nations."

At their 33rd Annual General Meeting last fall, Matawa leadership discussed these paths and hopes for future including managing our own economies through increasing equity partnerships which will build wealth creation. The establishment of the MDC is a result of a Memorandum of Understanding with Matawa First Nations Chiefs and all four companies announced in March 2020 just prior to the global pandemic.

Four Rivers 2022 Winter Field Work Update

This March, Four Rivers conducted field research in both Webequie and Constance Lake First Nations. To aid in gathering data on wolves in the area, 40 trail cameras were deployed near Webequie, while 20 cameras were deployed around Constance Lake. Thanks to the amazing community guides whose experience and knowledge of the land helped inform the invaluable data collection to help address community environmental priorities in the future! For more information or to chat about Four Rivers' guardians and environmental monitoring programs, contact Graeme Saukko-Sved at gsaukko-sved@fourrivers.group.



L to R: Samson Jacob (Webequie FN) and Graeme Saukko-Sved (Four Rivers) looking at a map of potential locations for wolf dens.



Samson explaining how the water flows through Winisk Lake



Fresh wolf tracks on Winisk Lake

See more pictures at the bottom of page 5 >>

Matawa Health Cooperative Health Promotion

Matawa Health Cooperative has held several virtual programming since January 2022. On Tuesdays at noon we held Tea with Auntie G. Matawa Elders spoke about their life, experience and teachings, they were: Elder John Gagnon, Elder Sam Achneepineskum, Elder Elizabeth Moore, Elder Bentley Cheechoo, Elder Pearl Achneepineskum, Elder Victor Chapais, Elder Wanda Baxter, and Elders Maggie & Daniel Magiskan.

On Wednesday nights, we held Virtual Drumming with Nathaniel and Nodin Moses. These evenings were comprised of songs, stories, the puppet Echo, interactive activities with Matawa families along with Mental Health tips from the Matawa Health Cooperative Mental Health team. During a few of the evenings there were special guests including George Cook singing in the language, George Lone Elk playing the flute, Turtle Concepts and storytelling with Simon Magiskan. Community members joined via Zoom and most of the sessions were also connected via Facebook Live.



Aroland First Nation Elders Daniel and Maggie Magiskan

We also held Feel Good Fridays, every Friday for 30 minutes: January-Zumba with Share Smith-Baxter, February-Tai Chi with Peng You and March-Yoga with Debbie Zweep. Great prizes for participants were provided. If you missed any of these, please check on the Matawa Health Cooperative Facebook page and join our challenges, contests and programming that will continue to take place.

Matawa's Anti-Indigenous Racism Program – First Community Conversation in Greenstone

On Friday, March 25, 2022, Matawa Health and Social Meno Biimadeswin hosted a symposium on Anti-Indigenous Racism in Greenstone. The attendees of the symposium were delegates from Aroland, Long Lake #58, and Ginoogaming First Nation, alongside Municipal of Greenstone representatives, hospital staff, and various types of community workers. It was facilitated by Sandi Boucher and graphically recorded by Pamela Hubbard. The session also had two mental health workers and an Elder present for support. The Symposium was held for Matawa members to speak on their experience with Anti-Indigenous Racism, and for the Municipal representatives and community members to listen and ask questions. A second symposium will be taking in place in Hearst, inviting Constance Lake members and Hearst municipal and community representatives. Information will be available on Matawa's website and social media at a later date.



Matawa WiiChiHehWayWin Meno Biimadeswin Team



Photo of the Matawa WiiChiHehWayWin Outreach Team which was in place from June 2021 – March 31st, 2022 to service Matawa First Nation members that are homeless, vulnerable and have mental health issues in the city of Thunder Bay. The program ended on March 31st, 2022 and three (3) staff members, one Lead Navigator and two Outreach Workers were retained on contract to June 30th, 2022 to continue providing Outreach services to Matawa First Nation members. The intent of the program is to provide coordination and assistance in the areas of prevention, intervention and navigation of services on behalf of members from the nine (9) Matawa First Nation communities.



Northern Hawk Owl observing the Four Rivers/Webequie
First Nation winter 2022 field crew.



The Four Rivers truck on the Pinemuta River crossing on the 808 winter road.

Marten Falls First Nation Community Access Road – Looking Towards a Brighter Future

Marten Falls First Nation (MFFN) is a remote First Nation community, located at the junction of the Albany and Ogo-ki rivers in northern Ontario and part of the Matawa Tribal Council. MFFN has a winter access road, but its condition varies making transportation of goods and people to and from the community unreliable; ultimately affecting the community's well-being. MFFN requires year-round road access to its community, and so a provincial Environmental Assessment (EA) and federal Impact Assessment (IA), built on decades of previous planning work, has started.

The proposed Community Access Road Project is community-led; meaning MFFN community membership help develop solutions and advance decisions on the proposed road. As people of the land, MFFN supports responsible development, where they can benefit from meaningful business and employment opportunities while ensuring the environment is not put at risk. Including MFFN, 23 neighbouring Indigenous Communities have been identified for consultation and engagement. This includes all nine Matawa communities.



MFFN community member Field Study Support Staff maintaining remote cameras during the Ungulate Remote Camera Check program

Field Studies and Indigenous Knowledge

The preferred route that the road will take will be identified in the ongoing EA / IA process by considering how the access road may affect social, cultural, economic, built and natural environments.

To date, the Project Team has gathered some input from the Indigenous Knowledge Program and collected over two years of data through field studies, looking at things like caribou (atigwag), wolverines (wishkobishag), moose (moozoog), and bears (makwa'ang). We welcome your continued feedback on our field studies and include key questions in our Discussion Guides which are available on our website. Your insights and knowledge help to shape and enrich the work we do. Here is a high-level look at upcoming field studies:

- **Breeding Bird Point Counts, Marsh Playback Surveys and Eastern Whip-poor-will Autonomous Recording Units:** Skilled observers will identify birds, including marsh birds, breeding birds and the Eastern Whip-poor-will (a Species at Risk), by sight and sound. Species at Risk birds are those that are listed as endangered or special concern. Species at Risk birds in the study area include Olive-Sided Flycatcher and Common Nighthawk (bekshkew).
- **Breeding Bird Aerial Surveys:** Aerial surveys will focus on waterfowl and raptor nesting in the breeding season (and does not include shorebirds).
- **Wolverine Hair Snag Surveys:** Hair snag traps were placed in the study area in February 2022 to provide information about wolverine (wishkobishag) demographics (male / female). Crews will be removing hair snag traps in June.
- **Physiography, Terrain and Soils Program:** This field program will collect information on geologic features, and soil conditions including moisture and nutrient levels.
- **Vegetation Program:** Vegetation plots will be set up to collect samples and verify mapping of vegetation information for the area.
- **Surface Water and Fish and Fish Habitat Program:** Field crews will collect information on surface water (e.g., lakes, rivers, streams) quantity and quality, sediment quality (e.g., sand, silt, clay) and benthic invertebrates (organisms that live at the bottom of lakes, rivers and streams).

We also feature videos on our website <https://www.martenfallsaccessroad.ca/study-plan-multimedia-showcase/> about each of the topics we're studying, also known as valued components, and explain how we are studying them, why they are important and how you can be involved.

Get Involved!

We understand that good planning involves our neighbouring communities, and that better decisions are made when many perspectives are considered. If your community is interested in meeting to learn more about the Community Access Road, to discuss specific topics or issues, or if you have Aboriginal and Treaty Rights and Interests in the area, we would love to meet with you. Meetings can be arranged in person or remotely. We want to hear what you have to say!

There is also an Indigenous Knowledge Program in place to collect relevant information on Indigenous land and resource use and important cultural values in and around the Project area. The program focuses on a range of topics that could be impacted by the proposed road and community views about potential positive or negative impacts. More details on the Indigenous Knowledge Program are available on the website: <https://www.martenfallsaccessroad.ca/indigenous-knowledge-program/>

Public Information Centre for Environmental Assessment/ Impact Statement Phase #1 Introduction

A Public Information Centre for the Environmental Assessment / Impact Statement Phase #1 Introduction is being planned for late June 2022 (pending public health guidelines). This will be an opportunity to meet the team in Thunder Bay and Geraldton, learn more about the planning process and share your feedback, ideas and community values related to the proposed all season access road. Stay up to date by visiting: <https://www.martenfallsaccessroad.ca/get-involved/>

Interested in Latest Community Access Road Information?

Sign up to our mailing list for latest information, including field study notices and monthly electronic news blasts: <https://www.martenfallsaccessroad.ca/contact-us/>.

We welcome your feedback at any time! You can reach us directly at 1-800-764-9114 or info@martenfallsaccessroad.ca with questions or comments, or to schedule a meeting. You



Grey wolf investigating wolverine hair snag location.

can also find us on Facebook: <https://www.facebook.com/MFFNCommunityAccessRoadProject/>



Matawa's Four Rivers Drone Team Nominated for a Thunder Bay Chamber of Commerce Business Excellence Award!

The "Game Changer" award is given out to a group who "introduces new offerings, breakthrough solutions or a revolutionary approach, to think differently about how they serve their community".

For almost two years, despite the challenging and uncertain circumstances brought on by the Covid19 pandemic, Four Rivers developed an innovative approach, using revolutionary technology, to find a way to capture environmental and climate change related data. With the use of drones, Four Rivers staff were able to work outdoors and maintain safe distances, while still capturing revolutionary data.

Demanding travel schedules and grueling physical work was also required to complete all drone flights in nine Matawa communities over 50 days. The whole team showed tremendous dedication and commitment to complete this improbable feat in record time. Four Rivers drone team now includes some of the first Indigenous Advanced Drone Pilots in the country, who are blazing a trail and inspiring others. This drone imagery work marks the first time in history that some Matawa communities have ever been mapped with

quality imagery, as opposed to grainy satellite images. These new, high resolution, 3D, geospatially linked maps with sub-centimeter accuracy, have provided never-before-seen imagery, to assist the Matawa member communities with everything from environmental monitoring to capturing infrastructure and climate change needs.

The technology is expanding every day and impacts how environmental stewardship, climate monitoring, terrain analysis, infrastructure planning and cartography can be done better in the future, and Four Rivers intends to stay on the leading edge. Here's a link to see a short video of the Four Rivers drone team award submission: <https://vimeo.com/690640091>



Exciting Map Feature from Four Rivers!

This June 2022, keep your eyes out for a special map featured in the ESRI 2022 Calendar. Jennifer Duncan, Project Manager/Geomatics with Four Rivers Environmental Services Group, recently created the map titled "Watersheds within the Matawa Homelands and Traditional Territory". This beautiful map has been selected and officially printed in Esri Canada's annual Map Calendar! It is the feature map for June 2022. We have copies of this calendar displayed in the Four Rivers suite. To request a copy of this map, please email jduncan@matawa.on.ca.

The Matawa Homelands and Traditional Territories are in northern Ontario and are home to the nine member First Nation communities of the Matawa Tribal Council. This dynamic map shows the magnitude of water within the homelands and is integral to communicating the powerful message that "Water is Life". The focus at Four Rivers, Matawa's environmental services department, has always been to deliver innovative solutions that keep their communities' vision and values as the focus. This map aims to support Matawa's language revitalization goals as well as their environmental stewardship priorities, combining language and water into one creative piece while highlighting the Ojibway translations for each watershed and First Nation community.



ESRI 2022 Calendar, Month of June, Map of Watersheds within the Matawa Homelands and Traditional Territory



Hello everyone! My name is Lionel Wabasse from Thunder Bay, Ontario. I'm originally from Webequie First Nation. Presently I work as an underground diamond driller assistant. After many years of struggling with life I proceeded with making some life changes in the fall of 2014. I heard KKETS was offering and supporting people to get their grade 12 diploma and other trainings.

I was determined to enrol myself in KKETS known as Kiikenomaga Kikenjigewen Employment & Training. That is where I received my grade 12 diploma. It was in a classroom setting which I liked very much and everybody there were so helpful and kind.

After receiving my grade 12 diploma, I took a training program through KKETS called 'Underground Hard Rock Common Core' and the underground/surface diamond drilling program. I was very fortunate to be given the opportunity to start the training that involves mine work.

I am currently working four weeks in and two weeks off. It is physically exerting with the travelling and working 12-hour shifts. All and all--it's all good. I believe anyone can do what they set their mind on.

I have worked at three mine sites with the company I work for (Boart Longyear). Musslewhite Mine was the first mine site I went to. It's a fly in location, which is very nice and a well-structured place. The accommodations are commendable. The second place I went to is Barrick Hemlo Mine which is located close to Marathon, Ontario. The schedule I had was two weeks in and two weeks out. I drove there and back after each rotation. The one thing I liked about the mine there was the cage that goes straight down. I forget how far down it goes but it's quite far down.

I am currently working at Silvertip Mine in British Columbia, its a small mine but slowly expanding. I have met many great people. It has been a good progress and a challenging adventurous experience.

Before working in a Mine I worked in various places for years, As a young adult, I had the idea of working in the mines. Throughout the years, the dream drifted away but the innermost thought, the desire to work in a mine was still around. I'm greatly indebted to KKETS and staff with their guidance and encouragement. I don't think I would be here without the KKETS services.

For someone out there that think they can't achieve anything in life or have lost their motivation in general there is hope and you can do it!



MATAWA HEALTH CO-OPERATIVE



The Matawa Health Co-operative is hosting a:

Walk-in Clinic

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

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

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

Who: For all Matawa members

Common Walk in Clinic Issues Include:

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

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

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

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



**Matawa Health Cooperative
invites you to
WALK WITH DOC!**

Wednesdays at noon. May 18 - June 22

**Meet at the Spirit Garden-
Marina Park, Thunder Bay**



for more information : mhc-programs@matawa.on.ca



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

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

Mineral Development Information Support Officer | Journal



fourrivers.group

Ginoogaming First Nation 2022 Spring Goose Harvest



L to R: Kyle Michano, Calvin Jr Taylor, Carey Echum, Tanner Taylor, Carter Michano, Denny Michano

Following in the footsteps of their ancestors, this group of Ginoogaming First Nation Youth led by hunters Kyle and Denny Michano (teachers) went out this year during the annual spring goose hunt. They were able to harvest 30 geese this day. Half of the harvest went to Elders in the community and the other half went to the programs for events or feasts.

**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 2022 Shows:

- July 5 and 19
- September 13 and 27
- October 11 and 25

* Please note, we are not airing shows in August due to staff holidays, etc.

Matawa First Nations Management Welcomes New Staff

Health Co-operative

Adult Mental Health Counsellor, Mellissa Gagnon



Mellissa will connect with Matawa members to offer counselling and referral support and will aim to do so from a holistic perspective, while also incorporating culture whenever possible. She will be working collaboratively with MHC's Mental Health Team. Mellissa recently graduated

from the Social Service Worker program with Confederation College and will be working towards completing her Honours Bachelor of Social Work with Lakehead University. Mellissa enjoys her time on the land and loves swimming in Lake Superior. Contact: (807) 630-9516/email: mga-gnon@matawa.on.ca

Health Co-operative

Youth Mental Health Counsellor, Cassandra Voets



Hello lovely people! My name is Cassandra, and I am beyond excited to be joining the Matawa Health Cooperative team as a Youth Mental Health Counsellor. I am from a small town in southern Ontario called Blenheim (it's 45 minutes from Canada's southern most point). I moved to Thunder

Bay almost 3 years ago after completing my undergrad at Laurier Brantford. Since living in Thunder Bay I have had the opportunity to work with youth in varying capacities and have grown to love the sense of community and closeness to nature. I recently completed my Bachelor of Social Work at Lakehead and am looking forward to working collaboratively with community members to provide the best support possible. I have a passion for advocacy and as a counsellor my goal is to be your best and biggest advocate. When I'm not working you can find me cuddled up on the couch with my dog and 2 cats, dancing in my kitchen or out in nature taking a hike and soaking up some sunshine.

KKETS

E-Learning Coordinator, Devon Meekis



Hi, I'm a member of Wawakapewin First Nation. Born in Northern Ontario and raised in BC. I've been involved in technology since the days of brick cellphones, portable CD players, and screaming modems. Throughout my tech life I've been involved with creating networks, websites, applications, media recording and editing,

teaching, and just finding ways of making technology work for everyone. I'm looking forward to working with the rest of the KKETS team on finding new ways of facilitating technology in learning.

Finance & Administration (Court Street Office)

Casual Receptionist, Ashley Tomagatick



Hello. Watchay. Boozhoo. My name is Ashley Tomagatick. I have been hired as the new casual receptionist for finance & administration. My hometown is Timmins, Ontario. I moved to Thunder Bay in 2015 to be with family, educational purposes and to better my life. I am an Attawapiskat First Nation band member. I am raising 3

children. (2 out of the 3 children are my late sisters kids that I am raising as my own). I love to learn new things, meet new people and have new experiences. I spend my spare time getting involved with the community, donating items I've accumulated from coupons and volunteering for non profit organizations that mean a lot to me. I've put in a lot of work to be where I am today. Miigwetch for the opportunity! I look forward to being a part of the Matawa First Nations Management Team!!

Health Co-operative

Public Health Nurse, Karen MacDougall



Hello! My name is Karen MacDougall, and I am the new Public Health Nurse assigned to Webequie First Nation with the Matawa Health Co-operative (MHC). I am excited for this opportunity, and I look forward to working with the community

members of Webequie. I am from Thunder Bay, and I am a member of Sachigo Lake First Nation. Growing up, my parents were involved in the work of Nishnawbe Aski Nation (NAN), so I have travelled to a number of NAN communities, including a trip to Webequie when I was a Summer Student at NAN in the mid 1990s when the Keewaywin Conference was being held there. I graduated from Lakehead University in 2020 with my Bachelor of Science in Nursing, and in 2016, I received my Practical Nursing Diploma from Confederation College. Once I have settled into my new role as a Public Health Nurse, I plan on continuing my education and learning new skills that I can use at the MHC, possibly including foot care and diabetes education. Outside of work, I value time with my family and friends. I enjoy spending time out on the land, camping – both in cabin and in tents, fishing, swimming, hiking, and cross country skiing. I live in a three generations household, with my mother, myself, and my daughter, plus our pets – currently two cats and one dog.

Health & Social Meno Biimadeswin (HSMB)

Administrative Assistant, Steven Okeese



Booshoo, my name is Steven Okeese. I am a proud member of Eabametoong First Nation. I am currently the Administrative Assistant and was previously one of the Outreach Workers under this department. I consider myself to be very social person and someone who is extremely passionate about working for our people. I am eager to see where this position takes me and looking forward to working with the HSMB team.

KKETS

Receptionist, Maigan Edwards



My name is Maigan(maa'iigan) Edwards. I am an oji-cree qwe from Nibinamik First Nation, I was born and raised in Thunder bay, ON. I graduated from St. Patrick's High School in June 2012. During my journey I accomplished getting my 4 welding tickets and being a being a licensed hairstylist.

KKETS helped me a lot during my apprenticeship's, I would not have been able to do it without the amazing and staff and support from them and my band Nibinamik. I am full time Receptionist here at Kiikenomaga Kikenjigewen Employment and Training Services. I also had a lot of teachings from Matawa by taking courses as in workshops and training and re-learning my culture. I enjoy working here at KKETS and helping students drive into their career goals by assisting them into the right direction.

Health & Social Meno Biimadeswin

NIHB Client Navigator, Cheryl Suganaqueb



Booshoo/Hello, my name is Cheryl Suganaqueb. I am a member of Eabametoong First Nation. I've been away from my home community and here in Thunder Bay with my husband, children and granddaughter since the end of 2010. For years, I've been a stay-at-home mom, It was until I was given

the opportunity to go back to school and obtain my high school diploma. After completion, I went onto attending the Indigenous Wellness and Addiction Prevention Program at Os-hki Wenjack Institute that I have a semester left to complete. I am currently holding the position as one of the NIHB Client Navigators, prior to this position, I was one of the Outreach Workers for the Wiichiihehwaywin program that assists at risk/homeless Matawa members in Thunder Bay. I look forward to continuing the work that I am doing within the HSMB Department at Matawa First Nations.

Health & Social Meno Biimadeswin (HSMB)

NIHB Client Navigator, Elizabeth (Liz Wapoose)



I am back at Matawa First Nations as an NIHB Client Navigator after months of absence on a personal leave. I am from Eabametoong First Nation and have lived out of the community for over 40 years. We have another NIHB Client Navigator that just joined our team, her name is Cheryl Suganaqueb. We work hard to

do what we set out to do for each client that reaches to us. We respond to calls evenings and weekends as NIHB related issues do arise at different times. Please do not hesitate to call us as we are here to serve our Matawa membership. I can be reached at ewapoose@matawa.on.ca We are in the Health and Social Meno Biimadeswin department. Our manager is Francine Pellerin.



Jobs Word Search

Can you find the words from our job board at:
www.matawa.on.ca/recruitment/career-opportunities



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

ART THERAPIST

COOK

COUNSELLOR

DOCTOR

TEACHER

YOUTH

NURSE

ASSISTANT

MENTOR

Living with Us... Bank Swallow – *Riparia riparia*



Photo provided by Canadian Wildlife Service, ECCC (photographer: Zoe Lebrun-Southcott)

Bank Swallow are small insect-eating birds that live in sand/gravel pits, and the shorelines of large rivers and lakes all over Ontario. They dig out small burrows in steep silt/sand embankments to raise their young and nest in colonies of hundreds to thousands of breeding pairs. They stand out from other swallows by their irregular wing beats and constant chattering vocalizations (noises).

Did You Know... Did you know that Bank Swallow are listed as a 'species at risk' with a status of 'threatened', meaning they are likely to become endangered if recovery efforts are not made? There are numerous threats faced by Bank Swallows, mostly related to habitat loss and the use of pesticides that kill the insects that they eat. There is a significant gap in the scientific data on Bank Swallow distribution in the Matawa homelands. Four Rivers is working with many of the Matawa member First Nations on their environmental monitoring programs to find and document Bank Swallows and their habitats, to assist in their protection. If you have seen Bank Swallows or their habitat and wish to contribute to your community's conservation efforts, please contact Four Rivers at info@fourrivers.group



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

