



Some of the benefits of having these Councils include (but are not limited to):

- It is hoped that by October 2022, a coordinator will be established to act as the central place within Matawa First Nations Management. Working with the 3 lead Matawa Chiefs, the first task will be to determine what these Council will look like, how they will be formed, their budgets and how they can roll-out in a safe space where supportive, honest, and respectful relationships can be built. Stay tuned for more updates on Matawa Youth, Women and Elders Councils in the coming months!

Representation matters.

Welcome New Staff and more „



Matawa Health Co-operative Diabetes Education

Diabetes Prevention and Management

- 8.1 % of population lives with diabetes in Canada. (2017-2018, Public Health Agency of Canada).
- This number continues to rise and there has been a sharp rise in teens/young adults being diagnosed with type 2 diabetes.

What is Diabetes?

Diabetes is a chronic condition that occurs when the body does not produce enough insulin or when it cannot use it effectively.

- Left untreated, blood sugar levels can rise to health-threatening levels.
- Treatments vary and should be based upon individual needs and preferences.
- Optimal control of blood sugar is essential to reduce risk of short and long-term health complications.

Who is at risk?

- Type 2 and its risk factors are more prevalent among Canadians experiencing marginalization, including First Nations and Metis, people with African and South Asian ethnicity, and people with lower income and education levels. (2017-2018, Public Health Agency of Canada)

Modifiable Risk Factors (Type 2) 2017-2018, Public Health Agency of Canada

- Obesity and overweight
- Pre-Diabetes
- Physical inactivity
- Unhealthy eating
- High blood pressure or high cholesterol

Preventing and managing diabetes can be challenging and you should not have to go this journey alone. Talk to your care provider about working with a diabetes educator, who can educate and support you to maintain optimum health.

Please feel free to reach out to one of the Matawa Health Co-operative Diabetes Educators:

Nick Kwiatkowski RN, CDE (807)620-5944

Cheryl Schultz, RN, CDE (807)632-5056

Matawa Waka Tere Indigenous Language Revitalization Begin 1st Roll-Out



As part of the follow up to a Matawa Chiefs Council Resolution passed at the Matawa 2022 Annual General Meeting (Roll Out of the Matawa Waka Tere Language Revitalization Project), the Matawa Wake Tere Indigenous Language Revitalization Project team (made up of Maori, Ojibwe (Ojibway), and Oji-Cree Indigenous Language Specialists) hosted a Pre-Select Training in Thunder Bay on August 31 – September 1, 2022 in Thunder Bay, about 20 participants attended.

This pre-requisite Pre-Select Training enabled language speakers to come and see, taste, hear, touch and experience the Matawa Waka Tere delivery methods the Indigenous Language Specialists have been learning and are now using to teach language at a faster rate in a fun and relaxed environment and to determine interest in teaching the language to adult learners in Matawa Ojibwe (Ojibway) and Oji-Cree communities as part of the first Roll-Out.

Specifically, participants learned about the 3 essential principles the program is founded on. These include:

1. Learning Anishinabemowin is easy
2. Being in a relaxed environment and having fun makes learning easier
3. All language learners can succeed



Participants had preliminary training on some of the tenants of the program including: Visual Auditory Kinesthetic Learning Preferences, Relaxation, the Power of Thought, Mind Mapping, Total Physical Response, amongst other subjects. Participants were also provided with background on where the project started and upcoming plans. Fortunately, they were also to hear Chantal Stoney's story on finding her language again after losing it as a child and throughout her adolescence. Lastly, participants were able to familiarize themselves with the full curriculum the Matawa Wake Tere Indigenous Language Revitalization Project developed and sectioned as 6 cheemaanug (aka: canoes).

At the same time of the Pre-Select Training, the following positions were open (until 4:30 pm on Sept 1, 2022): Instructor, Assistant Instructor and Project Officer. A number of participants applied for these positions (24 positions were required in total, once hired, they will become staff of Matawa First Nations Management). An additional in-depth training for 24 selected participants was scheduled to take place from September 19 - 30, 2022.

Year One of Ojibwe/Ojibway and Oji-Cree Language Pathway in the Matawa communities will run from October 2022 - July 2023. It will take place in set places in Ojibwe/Ojibway and Oji-Cree communities based on signed Letter of Intent that participating Matawa First Nations will sign. Enrollment will be free and an application process will be put in place. Participants will be expected to commit to attending 2 classes per week which are 3 hours in length. Language instruction will be open to ages 16 years old and up. Roll-Out of the Year One Cree Pathway is currently on hold for 2022-2023 as the curriculum continues to be translated.



Four Rivers - Wabigoon Lake Wild Rice Beds Study

This summer Four Rivers was hired to assist the Wabigoon Lake Ojibway Nation with its Wild Rice Vulnerability Study. Using aquatic monitoring equipment, drone mapping and time lapse cameras in the rice beds, Four Rivers is attempting to discover and document what is threatening the community's wild rice harvests which have decreased significantly in the past years. These rice harvests have been an important cultural practice and a revenue source for many members. Field work began in June with the installation of cameras and water monitors, and drone imagery was captured, which will help to track climate and water level changes, which may be impacting the wild rice crops.



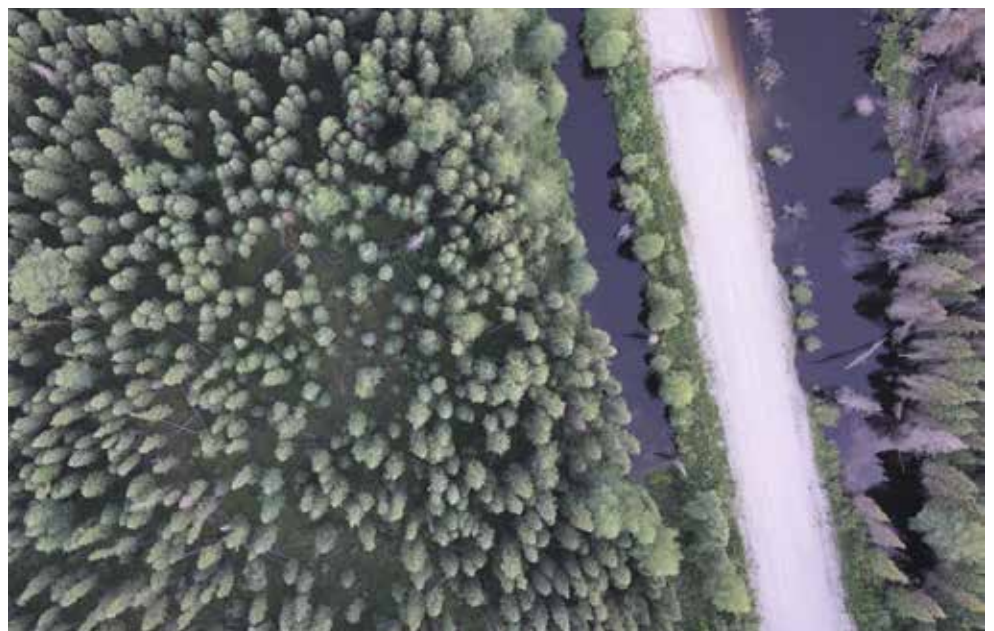
Four Rivers drone imagery of staff in Zodiac boat in wild rice bed



Installation of camera to capture wild rice climate and growth data

Four Rivers Maps Section of Broadband Corridor with Drones

In July 2022, Four Rivers completed a 70 km detailed drone survey of the proposed Broadband corridor between Aroland First Nation and Ginoogaming First Nation. The drone team battled black flies and weather, but were able to capture over 28,000 images to complete detailed imagery which will be used to assist with placement of the Rapid Lynx project's fibre optic line.



Garden Dome Built at Matawa Wellness & Training Centre



For a week this past June 2022, Four Rivers staff worked on the completion of the region's first garden dome - built at the Matawa Wellness and Training center on Algoma Street in Thunder Bay. This multi-department project was possible through Matawa Chiefs Council office funding, Four Rivers' labour, and KKETS' gardening skills!

Future residents and staff at the centre will be able to learn about and eat fresh home-grown produce for years to come.

Major Procurement Project Underway



Throughout the summer and through the fall of 2022, Four Rivers has undertaken a very large procurement project to bring communications equipment to the Matawa communities. Through provincial funding, large event tents, generators, broadcast equipment, PA and conference systems, outdoor LCD monitors, black radios, tables and chairs and other equipment has been purchased and received, ready to be distributed to the Matawa communities. The target date for receipt of the communications gear is this fall, although shipments have already begun. Four Rivers has secured a new warehouse space to accommodate the gear, and will receive, store and ship everything from the new location.

Matawa Environmental Technical Table

In June 2022, the Matawa Chiefs Council gave direction for an environmental technical working group to be formed to provide recommendations on a proposed federal Regional Assessment. Representatives from Matawa communities have met three times through July and August 2022 to discuss aspects of this important work.



Matawa Environmental Technical working group meeting at Delta Hotel, Thunder Bay, July 7-8 2022

Matawa Health Co-operative Health Promotion

The Matawa Health Co-operative (MHC) has been busy with various Health Promotion activities this summer. Some of these are: Walking/Active Living Challenge, Walk with Doc, PPE Drive thru with members on July 8, strawberry picking at Belluz Farms and Tai Chi with Peng You at Marina Park. There have been Family activities with Swimming at the Canada Games Complex and Mini Putt at Boulevard. Staff travelled to Aroland for Summer Safety Day and to Long Lake #58 and Ginoogaming to host Elder's bingo, chair exercise, blood pressure checks and lunch in Long Lake 58. A Ribbon Skirt Making workshop with Mary Magiskan and there was a Thunder Bay pop up at North End Rec on Aug.11 with over 200 members in attendance. The MHC physicians and nurses continue to work to support Matawa members with health care. Watch our Facebook page for upcoming programs and events! Gloria Hendrick-Laliberte



July 20, 2022 Strawberry Picking



Long Lake #58 First Nation Elders



Ribbon Skirt Making



Thunder Bay Pop-Up Ginoogaming First Nation Twins



June 15, 2022 Walk with Doc (Dr. Oyella)

**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:

- September 13 and 27
- October 11 and 25
- November 8 and 22
- December 6 and 20

Matawa 34th Annual General Meeting

On July 26 - 28, 2022, Chiefs and Elder/Women/Youth delegations from the 9 Matawa First Nations came together for the 34th annual general meeting (AGM) in Webequie First Nation. Elders Ananias Spence and Roseline Jacob led the AGM in prayer each day. Leslie Spence and Gideon Winter were the Co-Speakers. The AGM took place during Webequie First Nation's Neebin Odaminowin (Summer Festival) which included many events such as bingos, live bands, etc. Due to the COVID-19 pandemic, AGMs had not taken place in a community for the past 3 years. The meeting was also livestreamed.

On July 26, they received Matawa First Nations Management Department Reports, including the Matawa Non-Profit Housing Corporation, Matawa First Nations Property Inc., Matawa Project Management Group and Gathering of Rivers for Community Care. They accepted the non-audited financial statements of Matawa First Nations Management and the audited financial statements and annual report of Kiikenomaga Kikenijigewen Employment & Training Services (KKETS).

They also held a Chiefs Council meeting on July 27 and 28. Some highlights included:

- Rapid Lynx Telecommunication presentation by Sherry McCuller (Magellan Advisors) on Phase 1 (status of construction and plan for completion) and Phase 2 (deployment plan)
- Presentation of videos: Anishnawbe Nibi/Water is Life
- (Four Rivers) and Matawa Student Care Centre (Matawa Education)
- North Star revenue sharing presentations to the following: Matawa First Nations Management (\$71,086); Webequie (\$86,616); Neskantaga (\$343,358), Marten Falls (\$100,000)

Twenty-one (21) Matawa Chiefs Council resolutions were passed on different issues including:

Support for Matawa Education and Care Centre Infrastructure Funding through Jordan's Principle; Support for Matawa Education Partnership with the Critical Thinking Consortium; Impact of Changes to Federal Funding for Education, Appointment of Chiefs' Spokesperson for Education; Changes to Ontario Science Curriculum; Call for the Immediate Implementation of Youth, Women, Elder Councils (see also front page); Increased Funding for Post Secondary Students, Support for the Development of a Matawa Tiny Homes Village Pilot Project in Thunder Bay; Resourcing Environmental Services; Matawa Financial Advisory Services; Addressing Re-Triggered Intergenerational Trauma Due to Attendance at Indian Residential and Day Schools in Matawa; Development of a Youth Mental Health Strategy; Continuation of the Development of a Homelessness Strategy, Matawa Chiefs Council Rejection of Process Proceeding without the Consent of Indigenous Rights Holders; Matawa Member First Nations Reject Metis Assertions in the Matawa Homelands and Territories; Call for KKETS Funding and Services Allocation Review; Community-Based Long-Term Care;



Matawa Chiefs Council Acceptance of Revised Draft Mining Resolution for Further Review, Input and Consideration; and Roll-Out of the Matawa Waka Tere Language Revitalization Project.

All resolutions and annual reports are available on the Matawa website at: www.matawa.on.ca - for resolutions, go to: About Us > Chiefs Council and for financial/annual reports, go to: Reports (in the footer).

The 35th AGM is scheduled to take place in Long Lake #58 First Nation from July 25 - 27, 2023.



Congratulations 2022 Bowmanville Rotary Club-Matawa Award Winners

Elementary Category

Grade 2A Class

Teacher: Ms Wilma Goodwin

Simon Jacob Memorial Education Centre

Webequie First Nation

Oral Language Video

Grade 2B Class

Teacher: Ms. Emily Jacob

Simon Jacob Memorial Education Centre

Webequie First Nation

Oral Language Video



Matawa Education & Care Centre

Adam Arcon

Grade 12

Matawa Education & Care Centre

Neskantaga First Nation



College

Zoogipon Kakegabon

Onajigawin Program

Confederation College

Long Lake # 58 First Nation

University

Cynthia Magiskan

Masters of Education

Yorkville University

Aroland First Nation



Continuing Post-Secondary – High GPA

Levi Therriault

Bachelor of Social Work

Western University

Aroland First Nation

Training, Apprenticeship, Trades & Adult Education

Donna Belesky

Practical Nursing Program

Oshki-Pimachi-O-Win

The Wenjack Education Institute

Marten Falls First Nation

Bowmanville
Rotary
Club



Additional Resources



Learning that your worth is more than just what you can do for other people or give to other people.	Difficult Acts of Self-Care BlessingManifesting	Unlearning damaging coping skills that used to help you.
Going to therapy and getting help when you need it.	Setting healthy boundaries and realizing not everyone will like you & that's okay.	Standing up for what you believe in even when other people disagree.
Breaking toxic family/generational cycles.	Accepting that it's okay to make yourself a priority and that you don't have to earn the right to meet your needs. You are important.	Learning how to process feelings in healthy and productive ways.



Check Your Battery

How are you currently feeling?



Start	1 Glass of Water	Get Up and Stretch	Free Space	5 Deep Breaths
Finish (celebrate yourself!)	Rules Use virtual dice. (How many sides is up to you?) Move that many spaces on the board. Advance when you've completed that task. (Free space: self-care of your choice.) Roll again. Go around the board as many times as you want! BlessingManifesting			30 Min Phone Break
Tidy Up				Lough
Free Space				Make a To-Do List
Journal Your Thoughts				Free Space
Go Back to the Start	Free Space	Go Outside	Pamper Yourself	More Water!



Gratitude Journaling Prompts

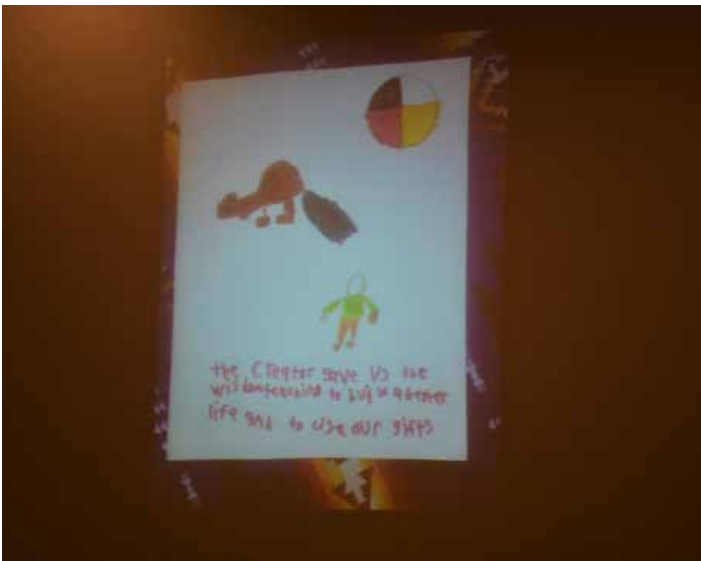
- What life experience has had the biggest positive impact on you?
- What are some things you can be thankful for on your hardest days?
- Which stress-relieving items are you grateful for?
- What do you find yourself taking for granted?
- What's something positive that happened to you today?
- What qualities or talents are you thankful you have?

BlessingManifesting

CONGRATULATIONS Matawa Post Secondary GRADUATES 2021/2022



Aroland First Nation		
1.	Iffet Kurtoglu	Early Childhood Education Diploma – Canadore College
2.	Laurence Marlatt	General Arts and Sciences Diploma – Confederation College
Ginoogaming First Nation		
1.	Camryn Labelle	Practical Nursing Diploma – Confederation College
2.	Anthony Levesque	General Arts and Science Diploma – Cambrian College
3.	Noemie Martin	Medical Laboratory Assistant Certificate – Confederation College
4.	Bernadine Mendowegan	Civil Engineering Technician Diploma – Confederation College
5.	Jarret Taylor	General Arts and Sciences Certificate – Confederation College
6.	Ed Wesley	Bachelor of Arts – Christian Education – Faith Life Bible College
7.	Maxine Wesley	Bachelor of Arts – Christian Education – Faith Life Bible College
8.	Nicole Wesley	Bachelor Degree – Indigenous Studies Specialist – University of Toronto, Woodsworth College
Long Lake #58 First Nation		
1.	Dwight Abraham	General Arts and Sciences Diploma – Confederation College
2.	Brook Barbeau	Community Support Worker Diploma – Robertson College
3.	Chrissy Barbeau	Digital & Social Media Marketing Certificate – University of Winnipeg
4.	Taylor Nadon	Bachelor of Psychology and Bachelor of Education Degrees – Nipissing University
5.	Rylend Piche-Howe	Behavioural Science Diploma – Seneca College
6.	Megan Slobodnick	Bachelor of Social Work – Laurentian University
7.	Megan Waboose	Social Services Worker Diploma, Indigenous Specialization – Sault College
Neskantaga First Nation		
1.	Clyde Moonias	Bachelor of Arts, Indigenous Learning – Lakehead University
Webequie First Nation		
1.	Cherilyn Fox	Nursing Refresher Program Certificate – Fanshawe College
2.	Summer Scanlon-Wabasse	Honours Bachelor of Commerce, Marketing Specialization – University of Ottawa
3.	Angela Sofea	Bachelor of Arts, Psychology – Lakehead University
4.	Robyn Suganaqueb	Early Childhood Education Diploma – Confederation College



Matawa First Nations Management Welcomes New Staff

Health Co-operative

Administrative Assistant, Heather Knapp



Hello! My name is Heather Knapp, I am the new administrative assistant for public and community health with Matawa Health Co-Operative. Born and raised in Thunder Bay I spend a lot of time with family and friends. When not working you can find me enjoying the camping season, fishing and traveling with my husband, spending time with our dog, and learning new and fun crochet patterns.

I am very excited to be a part of the Matawa Health Co-Operative team and look forward to meeting everyone in the communities.

Health Co-operative

Registered Practical Nurse, Erin Smith



Hello, My name is Erin Smith and I have recently joined Matawa Health Co-Operative as a Registered Practical Nurse. I bring with me 8 years of nursing experience and have worked in Acute Care, Long-term Care, and most recently with Public Health in Vaccines and Sexual Health. As a nurse I love building relationships with clients and community

members and focusing on a client centered care approach. I have enjoyed travelling to district communities to work directly with the members and be able to see and explore more of the beauty of Northwestern Ontario. I have lived in Thunder Bay my whole life and have 3 wonderful kids whom I am very proud of. In my off-work hours, I enjoy fishing with my spouse Rob, hanging out with my Husky rescue Drax, and am usually watching one of my kid's playing hockey or basketball. I am excited to be welcomed into Matawa Health Co-operative and am looking forward to utilizing my skills and experience to help serve the Matawa members and continue to grow as part of a wonderful team.

Health Co-operative

Admin Assistant - Mental Health Services, Tina Belmore



Wachiye! My name is Tina Belmore. I am the Administrative Assistant for the Mental Health Services. I am from Constance Lake First Nation and been living in Thunder Bay since 2014. I graduated from the Social Service Worker program with Sault College, and with 1 yr left I am working towards completing my BA in Indigenous Learning at

Lakehead University. In my spare time I enjoy scrapbooking, taking pictures, reading, traveling when I can and love spending time with family, friends, my husband and our lil pup Cake. I am very excited to be here and look forward to meeting you. Meegwetch!

Matawa Education & Care Centre

Database Helpdesk, Nathaniel Salgueiro



Hello, I'm excited and proud to be part of Matawa Education & Care Centre. I truly believe the work we do makes a difference, and that's very important to me. I've lived in a few different cities, but was born and raised in Thunder Bay. My professional background is in various fields and I have done everything from creating

and running worldwide events, developing websites, and a little bit of everything in between. I have learned a lot of things along the way and I'm excited to see what I discover here. You may see me visiting different communities, helping to build technology infrastructure from time to time, so don't be shy to come by and say 'hi.' I look forward to working with, creating with and helping everyone in Matawa and the communities.

Health Co-operative

Adult Mental Health Counsellor, Amanda Kavalchuk



My name is Amanda Kavalchuk and I have recently joined the Matawa Health Co-operative as an Adult Mental Health Counsellor. Before starting in my new role I was previously working at Matawa Education and Care Centre as a Youth Residential Worker in the Safe Sobering Site. I am a graduate of Confederation College, in both Developmental Service Work and Social Service Work, and have been working in both fields for the past 10 years. I am very excited to start my new role and looking forward to meeting everyone!

Health Co-operative

Summer Student, Jaimilyn



I'm Jaimilyn from Thunder Bay and I was a summer student at the Matawa Health Co-Operative, I started in July and finished on the 12th of August. Some of the things I got to do are help with the clinic and Court St site, help with the good food box program, packing bags for community visits, making phone calls, helped with health promotion pop ups, created posters for programs/up coming events, I went to programs like swimming, strawberry picking, ribbon skirt making workshop and the Thunder Bay Health promotion pop up. I learned how to work with health care staff, to ask for help when needed and to support a team. I enjoyed my time here and I want to thank all the staff for helping me.

Health Co-operative

Mental Health & Addictions Systems Navigator, Tawnee Thompson



My name is Tawnee Thompson. I am a member of Rocky Bay First Nation but have lived in Thunder Bay for most of my life. I have one child, one dog, and one cat who I love very much! I graduated from Confederation College with a diploma in Native Child & Family Social Service Work as well as from

Lakehead University (LU) with a Bachelors of Arts Degree in Indigenous Learning. I originally enrolled at LU in the Honours Bachelor of Social Work program and completed year 1 & 2; however, I needed a break from school and will be completing this degree in the near future. While at LU, I was successful in various psychology courses. My education helped me gain valuable front-line experience at both an emergency shelter and an Indigenous women's shelter in Thunder Bay. I most recently spent time in program development at our local Friendship Centre, helping create a new mental health program in their justice department. In my down-time, I like to spend time on the land, be active, and hang out with my loved ones. I am grateful for the opportunity for growth & learning with the Matawa Health Co-operative as their new Mental Health & Addictions Systems Navigator. I look forward to making new connections and helping our people.

KKETS

KAEP Cultural Activities Coordinator, John Slipperjack



I am from Eabametoong First Nation. I am currently residing in Thunder Bay, but over the years I have been traveling all over Ontario to the Communities up North and down South. I have always enjoyed visiting other communities and interacting with their community members and learning their traditions

as a whole, as well as participating in their events. I graduated from the KKETS program back in 2014-15, I started working Home Maintenance and Renovations after I moved on from working as an Operator in a Lumber Mill. I have since found more time to honor invitations made by Powwow Committees and Communities, and was able to take a part time in a Cultural Based After School Program for Indigenous Youth. Now I am the KAEP Cultural Activities Coordinator and would like to say thanks for all the warm welcomes I have received since I began, I am looking forward to working with everyone and I hope to meet and work with some great people during my time here.
Chi-Miigwetch.

Health Co-operative

Director of Health Transformation, Jason Beardy



Over the coming year, and the department will work extensively with the leadership, Health Directors, and community members to look at new approaches to improve our health care systems, increase health access, and supporting the communities and organizations to deliver their own services. He is from Muskrat Dam First Nation and has resided in Thunder

Bay since 2010. He previously worked as a Band Councillor and Deputy Chief in his community for 15 years. During that time, he had numerous portfolio items including health. He was a board member and chairman of IFNA Physician Services during that time. He also served 6 years as the Health Director of Health Policy & Planning at Nishnawbe Aski Nation (NAN) beginning in 2010 where he was involved in regional health issues with policy development, research and advocacy. He is an alumni of Lakehead University with an Honours Degree in Political Science. He has previous experience working with the Matawa communities and Health Directors during his time with NAN and as a consultant. He also has traveled to most of our communities to give presentations and updates, gathering information for the NAN Homelessness Strategy and conducting a strategy review of Back to our Roots: Chii Kee Way Meno Biimadeseyung, The Strategy to Overcome Prescription Drug Abuse/Misuse in Matawa Communities for Matawa Health and Social Biimadeswin. He and his partner Carol have 4 children and 1 granddaughter, and are still presently living in Thunder Bay.

KKETS

Apprenticeship Coach Mentor, Ulysses Lachinette



Anniin, Ulysses Michael ndizhnikaaaz. I am very excited to be joining KKETS as an Apprenticeship Coach Mentor. Over the years I have had the pleasure of experiencing a variety of professions that brought me to many countries. Most recently, I was an English Language Instructor in the Republic

of Korea and the People's Republic of China. Also, during that time, I have owned and operated my own food truck & catering business. Before traveling and living abroad, I worked as an Industrial Carpenter throughout Canada for almost a decade. One of my highlights as a carpenter was being the Lead Hand at the \$400 million Pine Creek Wastewater Treatment Plant. I am passionate about carpentry and teaching and my goal is to help mentor Matawa members through various apprenticeship programs, so they can successfully achieve a career with a Red Seal designation. Miigwetch!

Living with Us... “Blue” walleye – Sander Vitreus



Photo provided by Four Rivers Group (photographer: Erin Desjardins)

True blue walleye, or blue pike, are a species that was only found in the deeper, cooler parts of Lakes Erie and Ontario. Its body shape was slightly different than our normal, yellow walleye, with larger eyes placed a bit higher and closer together than a normal walleye. This fish was commercially valuable and was considered to be extinct in the early 1980s.

Did You Know... that the “blue” walleye you catch today have adapted to their environment and use the blue colour as camouflage and protection? This blue colour is made in the slime glands of the fish’s skin and acts as camouflage to help with catching prey, and acts as sunscreen to UV light. This blue slime is of no harm to the fish or humans, although it might look a bit strange when you see it for the first time. People have reported that this blue colour even rubs off onto the ice or snow when you catch them. To help document these blue-coloured walleye, please contact Four Rivers at info@fourrivers.group with the location in which the fish was caught, length/weight if possible, and how many were caught.



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

