October 1, 2018 - RRFNs IRS Group hosted the annual walk for Orange Shirt Day... “Every Child Matters”.

The weather held out for the approximate 100 people in attendance for the walk that took place from the Veteran’s Monument along the highway up to the powwow grounds to raise awareness of the residential school era. We heard stories of survival, hope and remembrance for the students who were forced to attend these schools.

Lunch was served and shared with all those in attendance. The Catholic schools were bussed in to participate with RRFNs and was a huge success.

2018
RRFN Community Meeting Schedule

Chief and Council
will hold monthly community meetings
Next Scheduled Meeting
October 10, 2018
5:30 pm ~ Resource Centre

Don’t Forget!

If your address or information on your contact form changes, to keep your information current please fill out a new form and re-submit. This will ensure that you receive your future payments.

Keep your contact information up to date.

This contact form can be found on Rainy River First Nations Webpage, www.rainyriverfirstnations.com/contacts/. This form can also be printed from the web and can also be filled out from the web. Forms may also be picked up at the Band Office.
COMMUNITY NOTICE

Rainy River First Nations Engagement Session

Please join us for this important evening to discuss the proposed Membership Code and Election Code.

We will be joined by legal counsel on Monday October 15, 2018 at 5:00 p.m. to provide information and respond to questions, comments and concerns that you may have relating to the Membership Code and Election Code. If you did not pick up a copy of the draft documents at our July 18, 2018 Solar Payment day, you can contact Debbie Leonard at 807-482-2479 ext. 268 for a paper copy. Documents are available on the RRFN Website or can be forwarded to you via email.

WHEN: Monday October 15, 2018
WHERE: RRFN’s Manitou Rapids Gymnasium
TIME: 5:00 p.m. - 6:00 p.m. - Supper
       6:00 p.m. - 8:00 p.m. - Information Session

SCHEDULED TIMELINE

October 15, 2018 - Final Community Consultation
October 29, 2018 - Voter Notice Packages - Received
December 5, 2018 - Ratification Vote
                  Rainy River First Nations
Greeting from the Land Code Liaison!

Rainy River First Nations is embarking on some exciting times within our Lands Management.

Over the next few months All of those band members who have a registered their addresses with the Communications Officer will be receiving a copy of our draft land code along with a schedule for member consultations.

The Land Code Liaison will be holding information and consultation sessions within the following towns and cities:

- Winnipeg
- Thunder Bay
- Toronto
- Minneapolis
- Fort Frances
- International Falls

During these sessions, members will have the opportunity to provide feedback on the draft land code. For those members who are unable to attend the sessions, feedback can be provided via landcode@rrfns.com

Under the current system of Land Management, 32 Sections under the Indian Act govern all lands held as reserve for Rainy River First Nations. Which means when designating lands for future use, RRFN has to seek approval from the Federal Government. Which often results in lost opportunities while waiting.

A Land Code will be the basic land law of Rainy River First Nations and will replace the land management provisions of the Indian Act. The Minister of Indian Affairs and Northern Development will no longer be involved in the management of the First Nation’s reserve lands. The Land Code does not have to be approved by the Minister.
The Land Code is drafted by RRFN and provides for following matters:

- Identifies the reserve lands to be managed by the RRFN
- Sets out the general rules and procedures for the use and occupation of these lands by RRFN members and others,
- Provides financial accountability for revenues from the lands (except oil and gas revenues, which continue under federal law),
- Provides the procedures for making and publishing land laws,
- Provides conflict of interest rules,
- Identifies a dispute resolution process,
- Sets out procedures by which RRFN can grant interests in land or acquire lands for community purposes,
- Allows the delegation of land management responsibilities,
- Sets out the procedure for amending the Land Code.

An Individual Transfer Agreement between each community and the Minister will be negotiated to deal with such matters as:

- The reserve lands to be managed by RRFN,
- The specifics of the transfer of the administration of land from Canada to RRFN,
- The developmental and operational funding to be provided by Canada to RRFN for land management.

In order for the First Nation to assume control over its lands, the Land Code and the Individual Transfer Agreement must be ratified by the adult members of RRFN. All members of RRFN who are at least 18 years of age, whether living off-reserve or on-reserve, have the right to vote on the Land Code and the Individual Transfer Agreement. The procedure for the community ratification process is developed by the community in accordance with the Framework Agreement.

For additional information feel free to contact Ashlee Cochrane, Land Code Liaison at 807-482-2479 Ext 237 or via email at landcode@rrfn.com
Jiishaakwa'ige

REVITALIZATION CAMP

OVERVIEW: Hide tanning is a beautiful cultural gift practiced by Indigenous nations all over the world. The practice includes countless methods and techniques, and the materials used vary from region to region. This program will offer different techniques used by the Anishinaabeg for tanning moose hide. Instruction will include both tanning hides and making traditional sinew used for sewing.

WHAT DOES THE PROGRAM OFFER?
The program will cover:

- How to set up basic structures required for removing the brain, hair, fleshing, thinning, softening, and smoking hides.
- A hide tanning process from start to finish (weather permitting), by working hard every day, watching the Elders and instructors, and helping each other.
- Important Anishinaabe protocols about how to respect the animal and the natural materials harvested for the process. Respecting and following these protocols are critical elements of this program.

WHO SHOULD PARTICIPATE?
Participants who choose to attend should:

- be eager to learn to tan hides, enjoy working hard, and appreciate handling raw animal parts and hair.
- have a deep respect for holistic creation and traditional land-based processes as well as the cultural protocols of our mentors, and a desire to work on hides in a group.
- be open-minded, comfortable asking for help and clarification, and able to respect and follow the protocols of their mentors, even if they may not agree with or understand the protocols completely.

Note: Participants should be mentally prepared for the physically, mentally, and emotionally demanding work involved in this program. This program involves physically strenuous work. Hands and arms will become sore from repetitive actions. Participants may become frustrated with parts of the process; and it is important to have strategies for remaining positive. Instructors will share strategies with participants.

ELDER TEACHERS/INSTRUCTORS:
Siblings, Jerry Baxter and Wanda Baxter, will provide the instruction. Jerry and Wanda are Elders from the traditional territory of Ogoki Post. They currently live in Thunder Bay.

DATES: Daily from October 2-19, 2018
LOCATION: RRFN Hatchery
TIME: Daily 10:00AM - evening, including weekends
FREE. NO REGISTRATION REQUIRED
COMMUNITY CARE PROGRAM

WEECHI-IT-TE-WIN FAMILY SERVICES INC.

For After Hour Emergencies
Please contact Weechi-it-te-win Family Services After Hours On-Call System at
807-274-3201 or 1-800-465-2911

Calls will then be redirected to our own RRFNs
Community Care Program
After Hours On Call Worker.

Miigwech!!
Come tour the New Gold Mine Site!

There will be a community tour of the New Gold Mine Site on Friday October 26th. The bus will leave the gym at 9:30am and we will tour the mine site then have lunch at the Atkinson Road Camp.

If you would like to come on the tour please contact Tracy Dihia-Horton at 482-2479 ext: 244 or at toshie-horton@rrfnas.com to sign up. New Gold requires the names of all visitors before entering the mine site so please sign up no later than 12:00pm on Tuesday October 23rd.

*Please note that visitors must wear long pants, long sleeves and closed toe shoes in order to be able to get off of the tour bus.
14th Annual Walleye Derby
~Longest Walleye Takes All~

Where: Manitou Rapids on Rainy River
When: Saturday October 6, 2018
Time: 12Pm - 4Pm
Entry Fee: $30/Person
Registration will be from 11:30am to 12pm
Boundary is in the bay.
Boat launch will be available
Contact person is Tricia Bombay (276-6615)
Fall Home Maintenance

In fall, prepare your home and yard for cooler temperatures, falling leaves and more hours spent indoors.

Outdoor Tasks:

- Clean gutters and downspouts.
- Inspect roof and chimney for cracks and damage.
- Rake leaves and shred to use as mulch or dispose of them based on local guidelines.
- Close or install storm windows.
- Remove hoses from spigots and drain and store indoors, coiled and flat.
- Store outdoor furniture and cushions.
- Test snow blower and have it professionally serviced if necessary.

Indoor Tasks:

- Test smoke and carbon monoxide detectors when you set clocks back in the fall. See our carbon monoxide detector buying guide.
- Check windows and doors for weather-tightness and install weather stripping where it’s needed.
- Have furnace professionally inspected.
- If needed, set traps for rodents.
- Dust blinds and vacuum curtains throughout your house.
- Clean kitchen and bathroom cabinets and throw away outdated food, medicine and cosmetics.
- Clean out HVAC (air exchanger) Filters vacuumed or washed, hoses drained and cleaned out, remove built up dust.

Winter Home Maintenance

In winter, enjoy energy-efficient warmth and the fruits of your home-maintenance labors. Use this time of the year to thoroughly clean and care for your home’s interior while taking a few precautionary measures on the outside.

Outdoor Tasks:

- Walk around your home’s exterior and check the crawl space vents located at the foundation. Close any that are open.
- Protect your central air conditioning unit with a cover, and remove and store window air conditioners.
- Clean and store garden tools.
- Move snow shovels and snow blowers to a convenient spot.

Indoor Tasks:

- Change or clean furnace filters. Consult manufacturer instructions for your furnace to determine how frequently the filters should be replaced.
- Clean kitchen appliances inside and out, including refrigerator coils.
- Maintain clean drains by adding one-half-cup baking soda followed by one-half-cup white vinegar. After 10 minutes, flush with boiling water.
Trunk & Treat
Halloween Party

Open to all Rainy River First Nations Members, Community Members & Staff
October 31, 2018
5:00 PM to 6:00 PM
RRFN Fire Hall Parking lot

Decorate your “Trunk” and hand out your “Treat”
5 PM- Dinner and “Trunk or Treating”
5:30 PM- Costume Parade
and Judging begins
6:00 PM– Trunks Close

Prize Categories
Ages: 0 to 4 years, 5 to 8 years, 9 to 12 years, 13 to 17 years , 18 to 54 years and 55 years +
1st, 2nd & 3rd Place Prizes for all the above mentioned categories

Best Coordinating Family Costumes– 1st $300, 2nd $200 & 3rd $100
Best “Trunk”- 1st $500, 2nd $300 & 3rd $200

Event sponsored by Jordan Principle Program, Family Wellbeing Program and Rainy River First Nations

For Contest rules or to Sign up for the Trunk & Treat Decorating Content, Please Sign up with Ashlee Cochrane at 807-482-2479 or via email at landcode@rrfns.com
Food Drive

RRFN’s food pantry is empty! Please leave food donations for community members in need at the health office (Alix’s Desk) food will be for RRFN members only
LITTLE BEARS CLUB

RAINY RIVER FIRST NATION
RESOURCES CENTRE

WEDNESDAYS - AUG 29, SEPT 12 & 26, OCT 10 &
24, NOV 14 & 28, DEC 12 @ 1030-1130 AM

LITTLE BEARS CLUB IS A STAY AND PLAY PROGRAM FOR
PARENTS & CHILDREN AGE 0-3 YEARS.
YOU AND YOUR LITTLE BEAR WILL ENJOY CIRCLE/STORY
TIME WITH MOE THE MOUSE
LEARNING WITH PLAY ACTIVITIES,
NEW CRAFTS & SENSORY
EXPERIENCE WITHOUT HAVING TO
WORRY ABOUT THE MESS!

For inquiries please contact:
Sara McCormick, ECE/RT
Infant/Child Development Worker
807-274-2042 Ext. 5261

Jessika Ewald
Community Development Worker
807-274-2042 Ext. 5262
PERSONAL CARE KIT SUPPLY DRIVE
PLEASE DONATE TODAY

DONATED ITEMS NEEDED
New/Unopened/Unused/Travel Sized
- Toothbrush/Toothpaste/ Floss
- Deodorant
- Sanitary Napkins/Tampons
- Shaving Cream/Razors
- Toilet Paper
- Laundry Soap Pods/Fabric Softener
- Nail Clippers
- Hair Brushes/Combs
- Lip Balm
- Paper Bags/Gift Bags (to assemble Kits)
- Shampoo/Conditioner
- Bar Soap/Body Wash
- Lotion

TO BENEFIT CLIENTS OF ONTARIO WORKS AND ADDICTIONS

Items can be dropped off at the
*Band Office with Jenn R and Star
or
*Medical Building with Jen M

PLEASE
NO Mouthwash or Hand Sanitizer

RAINY RIVER FIRST NATIONS
PO Box 450
Emo, ON P0W 1E0

Social Service Dept.
(807)482-2479 ext. 257/256

Addictions & Recovery Serv.
(807)482-2479 ext. 261
JOIN US

SQUARE DANCE

FEATURING: ELMER WHITEFISH
AND THE LATE NITE JAMMERS
TEACHINGS/DEMONSTRATIONS BY
ROGER & KATHY FOBISTER
SATURDAY OCTOBER 13, 2018
TIME: 7:00 p.m.
LOCATION: RAINY RIVER FIRST NATIONS,
(GYMNASIUM ON BEAR STREET)
DINNER WILL BE SERVED: 5:30 p.m.

HORSESHOE TOURNAMENT

SATURDAY OCTOBER 13, 2018
TIME: 10:00 a.m.
A, B, AND C CHAMPS TROPHIES WILL BE AWARDED
CANTEEN AVAILABLE
FOR MORE INFO CONTACT WES @ 807.276.2833
OR RUTHANN @ 807.482.2479
ALCOHOL & DRUG FREE EVENTS
RRFN Winter Clothing Drive

RRFN Social Services Department is seeking clothing donations for the upcoming Community Winter Clothing Give-Away.

We are accepting clean clothing and footwear in any size, in excellent used condition. Winter outerwear is most desired. Items can be dropped off with Jenn or Star at the Band office, from now until October 9th, 2018. Should you need items picked up just give us a call and arrangements can be made.

Details for the clothing give-away to be announced at a later date.

Miigwetch

Jenn & Star 482-2479 ext. 256/257
MEN!
Make a Ribbon Shirt
2-Evenings
Resource Centre
6-8 PM

Wednesday Oct. 10
Thursday Oct. 11

Your Contacts: Medical Building
Joe: ext. 231
Ruthann: ext. 226
NAICATCHEWENIN AND RAINY RIVER FIRST NATIONS PRESENT

BINGO

Home merchandise

OCTOBER 12 5PM-10PM DOORS OPEN AT 4
AT NAICATCHEWENIN GYM

$10,000 IN PRIZES

DINING SET, POTS & PANS, RECLINER, 50" SMART TV, IPAD, KITCHEN AIDE MIXER, QUEEN BEDROOM SUITE, CHILDREN’S BEDROOM SUITE, I HOME AND MORE!

$75/ADVANCE TICKETS $100/AT THE DOOR

CONTACT: MELANIE BRAGG 486-3407/RUTHANN MCGINNIS 482-2479
Ribbon Skirt making with Cheryl

Tuesday Sept 9th, 16th class #1
Sept 23, 30th class#2
4pm-6:30pm

Manitou Gymnasium
Call Ruthann to sign up 10 spots per class
Miigwech!

Thank you to everyone who made the 2018 spring/summer season at Kay-Nah-Chi-Wah-Nung a huge success!

Our last day of the season will be October 7th for our Thanksgiving Buffet! Call or e-mail to make a reservation!

We are already planning ahead for our 2019 winter season. Stay tuned for updates! Bookings will open in early January.

Follow our Facebook & Instagram pages (@manitoumounds) to see what we’re up to!

Location:
340 Shaw Road
Stratton, Ontario P0W 1N0
E: mounds.rrfns@bellnet.ca
P: 1.807.483.1163 | F: 1.807.483.1263
Thanksgiving Buffet
Sunday, October 7
Seatings once per hour from 11-5 (last seating at 4)

Walleye • Roast Beef • Stuffed Chicken with Wild Rice
Stuffing • Baby Potatoes • Fries • Mixed Veggies • Honey Carrots
• Wild Rice Casserole • Frybread & Bannock • Salad Bar •
Strawberry Trifle • Wild Rice Cake with Caramel Sauce

RESERVATIONS REQUIRED
CALL OR EMAIL TO RESERVE YOUR SPOT

Adults: $21.95
Seniors $16.95
Children 4-12: $10.95
Children under 3 free
Moose Camp was held Sept. 19-20/18 and Oct. 3-5/18 off the Hwy. 502. Dean McMahon and Pat Hyatt were the sharp shooters, harvesting moose and deer for this season. Distribution of meat is underway and has started with the Elder’s. If you would like some meat please call 482-2479 and make contact with Ruthann (226) or Katie (262). Many miigwechs... Great job guys!
Fall Feast
Thursday October 11, 2018 ~ 10:00 a.m. at the Trust Office

On behalf of both the Community Fund and Financial Trustees, the Rainy River First Nations Trust would like to invite all who wish to attend, to join us in a traditional Fall Feast in honour of the Trust.

We are grateful for the opportunity to follow traditional protocols in this regard and to have the support of members in the process. All who wish to attend are encouraged to bring a food dish offering that will be shared.

If you have any questions/concerns, please contact the Trust Office at 482.2158.
Miigwech.
Are you able to **Be Involved** as a **TRUSTEE**?

**SEATS AVAILABLE!**
Both the Community Fund and Financial Trustees have seats available for on and off reserve Members.

Are you interested in reviewing and approving submissions for Trust funding?  
Consider being a **Community Fund Trustee**

Do investments, financial management and administration interest you?  
Consider being a **Financial Trustee**

**FOR MORE INFORMATION** on the roles and responsibilities of Trustees, please contact the Trust Office at (855) 482-2158 or via email at info@rainyriverfirstnationstrust.ca

**HOW TO APPLY**
Complete the Application form. 
Fax to: (807) 482-2603  
Mail to: Chief & Council 
Rainy River First Nations  
PO Box 450  
Emo, ON P0W 1E0
Fort Frances Tribal Area Health Services Inc.
Internal Job Posting
For
Family Navigator/Case Manager

Preamble
Fort Frances Tribal Area Health Services Inc. is a corporation that provides health care, mental health and addiction treatment services to the 10 First Nations.

Position Summary
Reporting to the Manager of Childrens First Initiative, coordinate and oversee all aspects of the Children First Initiative clients; to provide case management services to support clients and family members while developing individual care plans for the clients. The Family Navigator/Case Manager will act as a resource and advocate for all; to promote the values, goals, and philosophy of FFTAHS.

Job Duties
- Complete initial admission assessment and reassessment of clients referred to the Children First Initiative Program.
- Facilitate coordination of client service delivery plans.
- Communicate effectively to all team members to ensure continuity of care and updating care plans based on client needs.
- Liaise with other health care professionals and maintain good relationships with Medical/Support/Family/Agency and general public, and refer to appropriate agencies and service providers.
- Teach, supervise and counsel the client and family members and other members of the health care team, regarding medical or developmental care needs and other related problems.
- Administer prescribed medications and treatments as indicated within the Scope of Practice outlined by the College of Nurses of Ontario.
- Prepare clinical and/or progress notes and incorporate them into the clinical record.

Qualifications
- Current registration with the College of Nurses of Ontario or Bachelors of Social Work is preferred.
- Solid knowledge of Jordan’s Principle, health care related legislation and practices.
- Understanding of the Ministry of Children, Community and Social Services.
- Knowledge/experience working with Children who have complex care needs.
- Ability to work independently and provide leadership to the health care team.
- Demonstrates a commitment to personal and client safety.
- Certified in Case Management or willing to train to achieve this status.
- Solid knowledge of Jordan’s Principle, health care related legislation and practices.
- Have the ability to manage time well and work under stressful conditions with an even temperament.
- Have the ability to accept responsibility and account for his/her actions.
- Have the ability to understand and follow oral and written instructions.
- Anishinaabemowin – Ability to communicate effectively in Ojibway a definite asset
- Knowledge of Anishinaabe culture, practices and norms or an openness and willing to learn.
- Experience working with First Nations people, organizations and communities.
- The successful applicant must be able to provide a clear Vulnerable Sector Criminal Records Check.

Requirement for Submissions

ON YOUR COVER LETTER, YOU ARE ENCOURAGED TO IDENTIFY THAT YOU ARE A MEMBER OF A FIRST NATION COMMUNITY.

Applications must include a signed cover letter, resume, and list of three (3) EMPLOYMENT RELATED references. Applications received without a signed cover letter, resume or three (3) EMPLOYMENT RELATED references are incomplete and will not be accepted. Interested applicants can forward their information to Cathy Handberg, Human Resource Manager as per below:

Mailing Address:
P.O. Box 608
Fort Frances, ON
P9A 3M9

Fax: (807) 274-9669

email:
chandberg@fftahs.org

Deadline for application submission: Monday, October 8, 2018.

Fort Frances Tribal Area Health Services Inc. welcomes applicants from people with disabilities. A modified space is available upon request for candidates taking part in all aspect of the selection process. While we appreciate all who apply, we will only contact those persons selected for an interview. Migwech, Thank You
LOOK.
LISTEN.
LEARN.

Be aware.
Fire can happen anywhere.

Look for places fire could start.
Listen for the sound of the smoke alarm.
Learn 2 ways out of every room.

FIRE PREVENTION WEEK
firepreventionweek.org

October 7 - 13, 2018
Escape Planning

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

▷ MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
▷ KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
▷ HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
▷ PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
▷ PRACTICE using different ways out.
▷ TEACH children how to escape on their own in case you can’t help them.
▷ CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

▷ If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
▷ If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
▷ CALL the fire department from outside your home.

FACTS

1. A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
2. According to an NFPA survey, only one of every three American households have actually developed and practiced a home fire escape plan.
3. While 71% of Americans have an escape plan in case of a fire, only 47% of those have practiced it.
4. One-third of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only 8% said their first thought on hearing a smoke alarm would be to get out!
How to Make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!

- Make your own home fire escape plan on the back of this paper.

--- Keeping Your Community Safe with Home Fire Escape Drills ---
NFPA • 1 Batterymarch Park, Quincy, MA 02169 • www.nfpa.org/education
Home Fire Escape Plan

Memorize your fire department's emergency phone number and write it here: ____________________

Use the space below to create your home fire escape plan.

- Draw a floor plan or a map of your home. Show all doors and windows.
- Mark two ways out of each room.
- Mark all of the smoke alarms with 🕒. Smoke alarms should be in each sleeping room, outside each sleeping area, and on every level of the home.
- Pick a family meeting place outside where everyone can meet.
- Remember, practice your plan at least twice a year!

Check out www.sparky.org for fire safety games and activities. Sparky® is a trademark of NFPA.

Grown-ups: Children don’t always awake when the smoke alarm sounds. Know what your child will do before a fire occurs. Get more information on smoke alarms and escape planning at www nfpa org/ factsheets.
Ontario Works Rate Increase

Starting **October 1, 2018**, Ontario Works rates are increasing by 1.5%.

The 1.5% increase will apply to:

- basic needs and shelter maximums for singles and families
- board and lodge amounts for singles and families
- adults living with parents
- dependents with dependents
- temporary care assistance.

You can find out more by visiting [ontario.ca/community](http://ontario.ca/community) or calling the ServiceOntario INFOline toll-free at 1-888-789-4199
TTY toll-free: 1-800-387-5559

The Ontario Child Benefit also increased in July 2018. For more information about this benefit, visit:
[ontario.ca/childbenefit](http://ontario.ca/childbenefit)
SQUARE DANCE
AT
NORTHWEST BAY COMMUNITY CENTRE

Friday, October 5, 2018
7pm

Live Band featuring,
LOCAL 17A and Elmer Whitefish

CANTEEN

ABSOLUTELY NO ALCOHOL OR DRUGS ALLOWED

For more information Contact Tommy Councillor at 486-9809
POW WOW FIT-NISH CLASSES

Dates: Every Monday and Wednesday in October (except October 24th and October 31st)

Time: 6:30 p.m. to 7:30 p.m.

Location: Nanicost Gym, Fort Frances
FREE

Instructors:

Becky Whiteye (Onigaming First Nation): Becky will provide some instructions on fancy shawl and contemporary jingle dress dance.

Stanford Tom (Noatkemegwaanning - Whitefish Bay): Stan will provide some instructions on grass, old style grass, and chicken dance.

Learn or practice dancing pow-wow to increase fitness and wellness. At Pow-Wow Fit-Nish class you can dance at your own pace and dance your own style.

You do not have to bring regalia. Instructors will spend some time between sets to give some pointers and demonstrate some dance moves. Each session will provide approximately 40 minutes of cardio.

Class is open to first 30 Participants. Drop-ins are Welcome.

Brought to you by the Family Well Being Coordination Program of Weechi-it-te-win Family Services

For more information please contact Shannon Blight at 807-274-3201 ext. 4063
### How Long to Cook Your Turkey

**Unstuffed**

<table>
<thead>
<tr>
<th>Weight</th>
<th>Time</th>
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<tbody>
<tr>
<td>8-12 pounds</td>
<td>2½-3 hours</td>
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<td>12-14 pounds</td>
<td>3-3½ hours</td>
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<td>14-18 pounds</td>
<td>3½-4½ hours</td>
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<td>18-20 pounds</td>
<td>4½-4½ hours</td>
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<tr>
<td>20-24 pounds</td>
<td>4½-5 hours</td>
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**Stuffed**

<table>
<thead>
<tr>
<th>Weight</th>
<th>Time</th>
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<tbody>
<tr>
<td>8-12 pounds</td>
<td>3-3½ hours</td>
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<td>14-18 pounds</td>
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<td>18-20 pounds</td>
<td>4½-4¾ hours</td>
</tr>
<tr>
<td>20-24 pounds</td>
<td>4¾-5¾ hours</td>
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</tbody>
</table>

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A whole turkey is fully cooked and safe to eat when it reaches an internal temperature of at least 165°F—the most accurate measurement comes from the thickest part of the thigh and wing and the thinnest part of the breast.

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*Have a frozen turkey? Up these times by at least 50 percent.*
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Meeting Type</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sundays</td>
<td>7:30 PM</td>
<td>Al-Anon 5pm</td>
<td>Knox United Church, 516 Portage Ave.</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>7:30 PM</td>
<td>Al-Anon Church of the Holy Spirit</td>
<td>824 Victoria Ave. Fort Frances</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>6:00 PM</td>
<td>Al-Anon Church</td>
<td>340 Church St. Fort F 274-8215 call first</td>
</tr>
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**Notes:**
- **Alcoholics Anonymous**
- **Narcotics Anonymous**
- **Al-Anon**
- **Co-Dependence**
- **Support Building**
- **Landing**
- **UNIC**
- **Lutheran Church**
- **Salvation Army**
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# CHILD RESOURCE CENTER

October 2018

482-2479 Danica Medicine

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**Notes**

Please Call to Sign up for the Corn Maze Day Trip & Community Garage Sale 🍃
Food Vouchers are available to Pre-Natal and parent(s) with Child(ren) age 0-3 years old.
Family Well Being Programming

October 2018

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| 8            | 9           | 10          | 11           | 12          | 13          | 14          |
| Thanksgiving Office Closed | Ribbon Skirt Making | Ribbon Skirt Making | Ribbon Skirt Making | Merchandise Bingo, Northwest Day | Horse Shoe Tournaments, Square Dance, Jigging |             |

| 15           | 16          | 17          | 18           | 19          | 20          | 21          |
|             | Ribbon Skirt Making | Ojibwe Language Table |            |             |             |             |

| 22           | 23          | 24          | 25           | 26          | 27          | 28          |
| Toronto      |             | Toronto     |             | Toronto     |             |             |

| 29           | 30          | 31          | 1            | 2           | 3           | 4           |
|             | Ribbon Skirt Making | Halloween |              |             |             |             |

| 5            | 6           | 7           | 8            | 9           | 10          | 11          |

Notes: I will be away October 22-26 for symposium in Toronto
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**BIRTHDAY CALENDAR**
To the Members of Rainy River First Nations

Boozhoo! Aaniin Ezhi Ayaayan?
Hello! How are you?

Good afternoon,

Looks like we went from summer right into winter. We are currently sitting at 4 Degrees Celcius and it is cold and rainy!

Reminder: This is your newsletter! Any new ideas for your community newsletter, I’m interested in hearing from you. Also, please call if your household copy of the newsletter has not been received.

Are you interested in delivering newsletters or notices? If you are interested please give me a call or stop by and let’s chat. :) Have a great weekend!

Newsletters can be found on Rainy River First Nations webpage at: www.rainyriverfirstnations.com/newsletters/

Miigwech ~ Kathy Bombay
Community Communications Officer

“DAG’WAAGIN” - Fall

“WAATEBAGAA-GIIZIS” - September
“BINAAKWE-GIIZIS” - October
“GASHKADINO-GIIZIS” - November